



# The Medical Power of Light

## NightLase<sup>®</sup> Snoring and Apnea Treatment

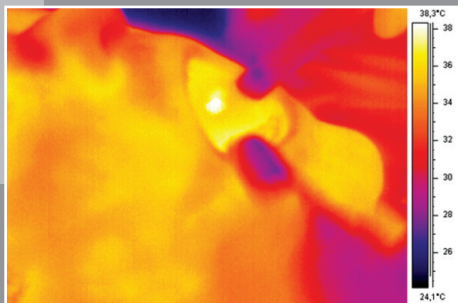
- Non-invasive
- Increases the quality of a patient's sleep
- Extremely easy for any doctor or dentist to perform
- Lessen the effects of snoring and sleep apnea
- Safe and patient-friendly treatment

**Fotona**  
choose perfection

[www.fotona.com](http://www.fotona.com)

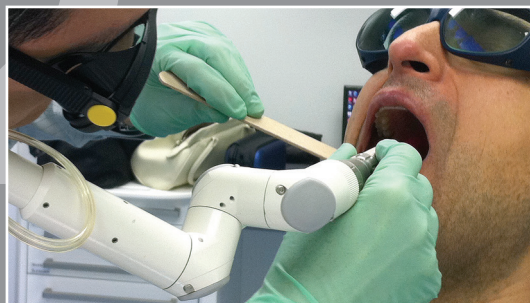
89806 CE ENG/2

# 1



Step 1: PRECONDITIONING

# 2



Step 2: TISSUE STRENGTHENING

## What is NightLase® Snoring and Apnea Treatment?

NightLase® Treatment is a patented, fast, non-invasive and friendly way of increasing the quality of a patient's sleep. NightLase® lessens the effects of sleep apnea and decreases the amplitude of snoring through the use of gentle, superficial Er:YAG laser light. No anesthesia is used in this treatment.

## How does NightLase® Treatment work?

During NightLase® treatment laser light heats the tissue, causing tightening of the tissue which leads to an attenuation of the sound of the patients snoring and a lessening of the effects of sleep apnea.

The procedure is performed in **two simple steps:**

### Step 1: PRECONDITIONING

The laser light preheats the tissue.

### Step 2: TISSUE STRENGTHENING

Laser light strengthens the tissue.

A full course of NightLase® treatment is comprised of three separate treatment sessions over a six week period. The final result of the treatment has been shown to last up to a year. When the patients or their loved ones notice the effects eroding, another round of treatment can be performed.

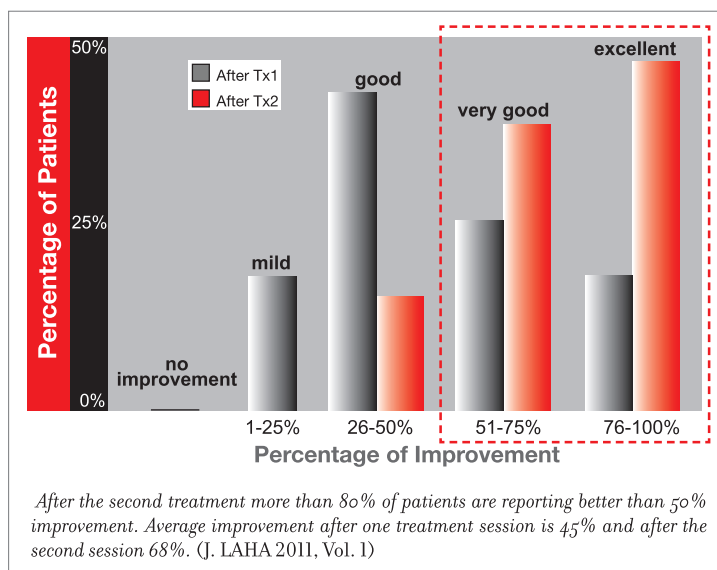
## Why are Fotona laser systems perfect for NightLase® Treatment?

Fotona systems, like the LightWalker and Dynamis, enable a strong yet gentle Er:YAG modality which optimizes the length of every pulse. This mode allows

## Simple and virtually painless

NightLase® is easy for any doctor or dentist to perform and has an extremely high success rate in producing a positive change in sleep patterns. Research has shown that NightLase® reduces and attenuates snoring and provides an effective, non-invasive way to lessen the effects of sleep apnea.

NightLase® requires no device to be worn during sleep, involves no chemical treatment, and no anesthesia. It is a gentle and easy way for the patient and their loved ones to regain a good night's rest.



for the superficial penetration of heat into tissue, without damage or adverse effects. It is gentle enough to be used on the sensitive tissue inside the mouth, but strong enough to provide clinically efficacious heating.

NightLase® Treatment parameters can be preprogrammed into the Dynamis or LightWalker, making treatments easy to perform.

## Getting Started with NightLase®

Training in the NightLase® Anti-Apnea Techniques is offered stand-alone, or as part of one of the many training workshops provided by the Laser and Health Academy ([www.laserandhealth.com](http://www.laserandhealth.com)) in partnership with Fotona.

Hands-on sessions under the guidance of experts in laser treatments will provide you with a sense of confidence and understanding that will translate directly into efficacious treatments and satisfied patients. Contact us to see how we can help you provide high quality care for your patients.

To learn more about **NightLase® Snoring and Apnea Treatment** and what Fotona laser systems can do for your practice contact **Fotona** at [info@fotona.com](mailto:info@fotona.com) today.