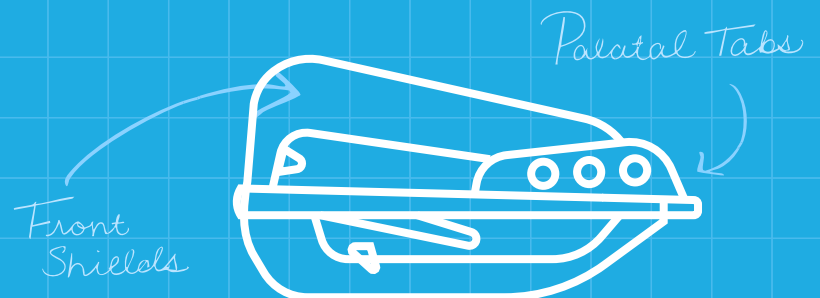


healthystart.

# BEAUTIFUL SMILES ARE JUST THE BEGINNING

The HealthyStart® Guide to Straight Smiles and Better Sleep



01

## Early Treatment Matters

Signs and Symptoms of Sleep Disordered Breathing

03

## HealthyStart® Appliances

Explore the different appliances that have helped 5 million children

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## What to Look For

Research, Statistics, and Results

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## Early Treatment for a Lifetime of Benefits

The HealthyStart System is a non-invasive, non-pharmaceutical approach designed to guide the natural development of a child's dentition. Rather than relying on traditional interventions, HealthyStart uses a series of uniquely engineered oral appliances; soft, comfortable, and worn for just a few hours during the day or at night while your child sleeps.

As these appliances work quietly in the background, they do more than shape developing smiles. They target the root cause of Sleep Disordered Breathing; an often-overlooked condition that affects over 90% of children. By addressing the problem at its source, HealthyStart helps set the stage for better sleep, healthier development, and brighter days ahead.



## Symptoms to Watch

**Sleep Disordered Breathing** can leave subtle fingerprints across a child's daily life. Some signs are complex and easy to overlook, while others are surprisingly simple and hiding in plain sight.

Here are key symptoms every parent should keep an eye on:

- Mouth Breathing
- ADHD/ADD
- Bedwetting
- Difficulty in School
- Snoring
- Restless Sleep
- Nightmares
- Daytime Sleepiness
- Talks or Walks in Sleep
- Teeth Grinding
- Chronic Allergies
- Crowded Teeth
- Overbite/Overjet
- Dark Circles Under the Eyes
- Swollen Adenoids
- Swollen Tonsils
- Resistant Behavior
- Delayed Growth



Up next, we'll take you on a guided tour of the HealthyStart appliances; what they do, how they help, and the thoughtful design features that make them so kid-friendly. You'll also find an easy-to-follow breakdown of common signs and symptoms to watch for, giving you a clearer picture of what your child may be experiencing. These next pages are all about helping you feel informed, confident, and supported as you explore how HealthyStart can make a meaningful difference in your child's growth and well-being.



## **The Innovator, Pioneer and Lead Doctor Behind the HealthyStart System**

Dr. Earl Bergersen, DDS, MSD, ABO, is widely recognized as a pioneer in Pediatric Sleep, Breathing, and Airway Health. For more than five decades, he dedicated himself to understanding how children grow and how airway and craniofacial development influence their overall well-being. His commitment to improving childhood health led him to pursue innovative solutions that support healthier breathing, better sleep, and stronger development.

Over 60+ years of research and clinical innovation, Dr. Bergersen's work has positively impacted more than 5 million children worldwide. His contributions have reshaped the way practitioners approach pediatric airway health, emphasizing the importance of early intervention. Today, his legacy continues to guide providers and families toward better outcomes for growing children.

# Eight Appliances That Have Helped Over 5 Million Children

HealthyStart® devices have helped over 5 million children address the underlying drivers of many outward signs and symptoms of sleep disordered breathing, while supporting proper growth, development, and orthodontic alignment. Thanks to the innovative, tongue-guided design, treatment is comprehensive, and in many cases, achieved with nighttime wear.



HealthyStart Habit Corrector  
Toddler | Ages 2-4



HealthyStart Habit Corrector  
Kids | Ages 4-6



HealthyStart Habit Corrector  
Kids+ | Ages 6-9



HealthyStart Habit Corrector  
Youth | Ages 9-12



HealthyStart C Series  
Kids | Ages 4-6



HealthyStart IG or G Series  
Ages 6-9



HealthyStart G Series  
Ages 7-12



HealthyStart N Series  
Ages 12+

Dentition can change the appliance assigned to patient. Things such as jaw alignment and tooth eruption could slightly alter appliance sizing and overall treatment plan prescribed by your doctor. Ages associated with each appliance are just an idea.

# How a Compromised Airway Impacts Air Intake

## SEVERELY COMPROMISED AIRWAY

Comparable to breathing out of a Coffee Stirrer



1mm diameter airway



2% Airflow

## COMPROMISED AIRWAY

Comparable to breathing out of a Normal Straw



3.75 mm diameter airway



29% Airflow

## IDEAL AIRWAY

Comparable to breathing out of a Jumbo Straw



7mm diameter airway



100% Airflow

## An Unconventional Solution

The HealthyStart System tackles Sleep Disordered Breathing, mouth breathing, and early oral development issues with a gentle, child-friendly approach. Using a series of soft, specially designed oral appliances, HealthyStart helps guide proper jaw growth, support nasal breathing, and encourage the tongue and facial muscles to function naturally. Worn for just a few hours during the day or while your child sleeps, these appliances work quietly to improve airflow, oral habits, and overall facial development. On the following pages, you'll discover each of these innovative appliances in detail—how they work, when they're used, and the unique ways they help children breathe easier, sleep better, and grow healthier smiles.

*Read more about the research behind the HealthyStart System on page 09.*



# The Habit Corrector®

## Treatment for All Ages, Combatting Sleep Disordered Breathing

A uniquely designed, night-friendly device that blends myofunctional therapy, orthodontic guidance, and orthopedic growth support. Inside the Habit Corrector®, built-in features cue proper tongue posture and a comfortable lip seal, helping eliminate mouth-breathing and other improper habits. Each swallow gently activates these therapeutic cues, reinforcing healthy function while supporting tooth alignment and natural jaw development.

### Mouth Breathing and Snoring

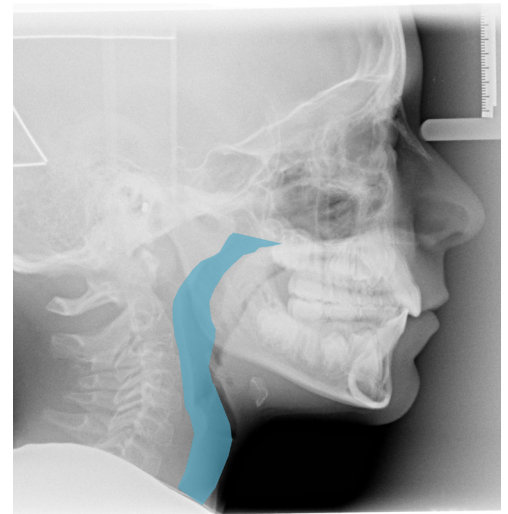
Mouth breathing does not always equate to snoring, but most of the time, if your child snores, they almost always are breathing through their mouth. However, about 6% of people have noisy, audible breathing through their mouth without actually snoring.

#### Why mouth breathing matters:

- Mouth breathing is less efficient. When we breathe through the nose, the air is filtered, warmed and moistened, making breathing smoother and more efficient. Mouth breathing skips this process and can make it harder for the body to get the oxygen it needs for healthy sleep and daytime energy.
- Mouth breathing reduces airway size. It can reduce airway size up to 6mm, leaving children with a smaller airway and lowering the amount of oxygen they take in.
- Constant airflow through the mouth can irritate the tonsils and adenoids, causing them to swell. This swell can increase the blockage of airway, making breathing harder.
- Mouth breathing also affects how tongue and facial muscles work. These are the muscles children rely on to speak clearly, swallow comfortably, and chew food well.

## Airway Opening with Myofunctional Therapy

Below features a before and after scan. The top shows an airway before using the HealthyStart System, while the bottom scan shows the airway after 3 months of Habit Corrector use.



NEW COLOR DROP | HEALTHYSTART HABIT CORRECTORS

# The C Series

## Treatment of the Primary Dentition For Children



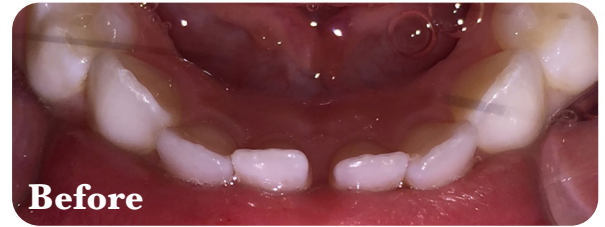
The Nite-Guide appliance is a soft, comfortable, clear appliance usually worn at night while sleeping. Nite-Guide is a guiding device allowing permanent teeth to erupt into ideal position. It targets development for a healthy and well-aligned smile with an ideal occlusion early on, encouraging proper alignment.

- Achieving a straight smile with only passive nighttime treatment.
- Promoting the correction of overbite, overjet, crowding and many open bites.
- Developing the proper occlusion by using natural eruptive forces it allows the upper and lower adult front teeth to develop into the proper occlusion.
- Preventing common crowding by creating additional space in the front area of the mouth by expanding the arches.
- Holding teeth straight while fibers develop around them, to hold the correction and resist relapse.

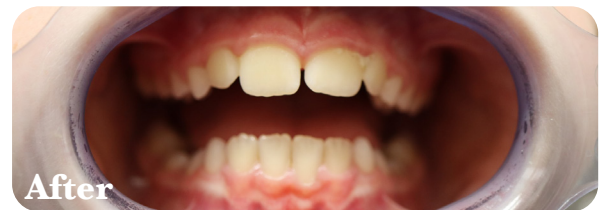
Each Nite-Guide is crafted with an unparalleled understanding of orthodontics in children. It's a preformed appliance that provides a comfortable fit and precise occlusion.

Please note that each appliance also comes with a "Directions for Use" and Compliance Chart. Ask your provider for more information if not supplied with these materials!

Cases below show before and after pictures utilizing only HealthyStart® 'C' Appliances



Appliance: 'C' Series, Size 4  
Time in Series: 2 Years  
Patient Starting Age: 5 Years Old



Appliance: 'C' Series, Size 6  
Time in Treatment: Active  
Patient Starting Age: 7 Years Old



Appliance: 'C' Series  
Time in Treatment: 3 Years  
Patient Starting Age: 6 Years Old

# The Interim G and G Series

## Treatment of the Mixed Dentition



The Occlus-o-Guide is an alternative to fixed braces for patients that are typically 8 to 12 years old (also known as the mixed dentition age group). This clear, removable, and comfortable appliance is actively worn for two to four hours during the day and at night.

- The easiest and fastest way to straighten teeth in the mixed dentition.
- Ideal for treating most young patients who have any overbite, overjet, crowding, or spacing.
- Backed with an expert understanding of children's orthodontics, it also aids in correcting serious jaw discrepancies and 83% of temporomandibular joint (TMJ) problems.
- Designed to guide the erupting teeth into the perfect bite position and relationship.
- Comfortable yet durable enough to function as the retainer after correction.

Every Occlus-o-Guide is removable, which differs from the conventional solution. This allows a child to maintain diet and hygiene routines of brushing and flossing while preventing periodontal disease, cavities and discoloration that can be side effects of fixed treatment.



**Before**



**After**

Appliance: 'IG' and 'G' Series  
Time in Treatment: Active  
Patient Starting Age: 7 Years Old



**Before**



**After**

Appliance: 'G' Series, Size 6½  
Time in Treatment: Active  
Patient Starting Age: 9 Years Old



**Before**



**After**

Appliance: 'G' Series, Size 5½  
Time in Treatment: Active  
Patient Starting Age: 9 Years Old

# The N Series

Treatment of the Adult Dentition  
For Ages 12 Years and Older



The 'N' Series (also known as the Ortho-T) provides clear appliances to straighten teeth for ages 12 and up, even into adulthood. This appliance features:

- An all-in-one orthodontic, functional, and finishing appliance. In fact, these high quality removable adult appliances are backed with decades of research and proven to help correct overbite, overjet, or many TMJ problems.
- A method to effectively straighten teeth, including incisors, and to correct rotations, crowding, or spacing. This also allows for better overall oral hygiene and a stronger, healthier dentition for a lifetime.
- Many pre-formed sizes available and can be expertly fitted to your dentition by a dental professional.

The 'N' Series Guide can also be used for both adult orthodontic treatment and for after treatment (as a retainer) to maintain the correction. Please note that the 'N' appliance comes in many different sizes. Ask your provider what size will be best for you!

For more information on appliances, such as appliance directions for use, care and compliance, please visit [www.thehealthystart.com](http://www.thehealthystart.com), or ask your provider for more information!

Cases below show before and after pictures utilizing only HealthyStart® 'N' Appliances



Appliance: 'N' Series, Size 5½  
Time in Treatment: 4 Years  
Patient Starting Age: 8 Years Old



Appliance: 'N' Series, Size 5  
Time in Treatment: 6 Years  
Patient Starting Age: 7 Years Old



Appliance: 'G' Series  
Time in Treatment: Active ('N' Series)  
Patient Starting Age: 8 Years Old

# What to Look For... Research Leads the Way

The HealthyStart System focuses on more than just “fixing smiles”. In the 2019 study *The Incidence of Sleep Disordered Breathing Symptoms in Children from 2 to 19 Years of Age*, it was found that the average number of symptoms of children who snore were 6 symptoms. In addition, the study found that **nine out of ten** children had one or more outward symptoms of Sleep Disordered Breathing (SDB) and 92.8% of these presented outward symptoms did not self-correct.

How does this relate to the HealthyStart System? A serious result from mouth breathing occurs when the upper and lower jaws are disengaged which can

allow the lower jaw to drift backwards thus resulting in the collapse of the airway. By opening the mouth only a 1/2 inch during sleep, the drifting backwards of the lower jaw can collapse the airway by 6 mm. This improper growth is one of the root causes with the outward symptoms of the study, and why the HealthyStart System focuses on retargeting growth to mimic natural development and establish ideal habits while guiding teeth. In other words, preventing this improper growth can also prevent symptoms of SDB, such as daytime drowsiness, academic challenges and behavioral issues.

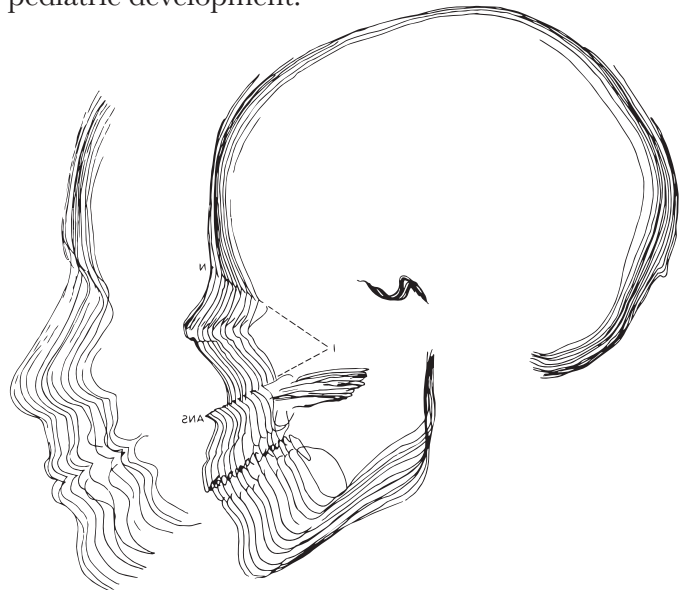
## Craniofacial Growth

Ideal craniofacial growth occurs naturally in a forward direction, allowing the jaws, airway, and facial structures to develop in proper balance. During childhood, this natural growth pattern can be disrupted or restricted by factors such as crowded teeth, poor oral habits (including thumb sucking), and abnormal bite relationships. These interferences can alter normal development, leading to deficiencies in facial growth and preventing a child from reaching full genetic potential.

The HealthyStart System is designed to remove these interferences and guide growth back onto its natural path, supporting proper jaw development, improved function, and optimal facial balance.

Dr. Bergersen was one of few researchers in the landmark Bolton Growth Study, one of the largest and most influential craniofacial growth studies ever

conducted. The image (below) shows the identified and illustrated natural downward growth pattern of ideal facial growth, a foundational principle in pediatric development.



## Get Started Now, Ask About the Sleep Questionnaire

The HealthyStart Sleep Questionnaire is the first step to a healthy smile and better sleep. This series of questions covers every possible symptom of sleep disordered breathing, all within a single questionnaire. Ask your provider about it, and get started today!

**Patient Form**

Doctor / Dentist: \_\_\_\_\_ DOB: \_\_\_\_\_ Age: \_\_\_\_\_

Patient's Name: \_\_\_\_\_

Relationship to Patient: \_\_\_\_\_

**Sleep Disordered Breathing Questionnaire for Children**  
Earl O. Bergersen, DDS, MSD

Please indicate to what degree your child exhibits any of the following symptoms using the scale of severity below. The initial score column should be evaluated and dated at first appointment and the follow-up score column should be evaluated and dated after 3 months of treatment by the same person who filled out the initial assessment.

Have you had braces, aligners, or a tonsillectomy? Please indicate below:  
Braces  Aligners  Tonsillectomy

Any other orthodontic devices or removable devices? \_\_\_\_\_

INITIAL FOLLOW-UP SCORE SCORE	INITIAL FOLLOW-UP SCORE SCORE
1. Snoring of any kind	17. Wakes up at night
2. Snores only infrequently (1 night/week)	18. Attention deficit
3. Snores fairly often (2-4 nights/week)	19. Restless Sleep
4. Snores habitually (5-7 nights/week)	20. Gird's Teeth
5. Has labored, difficult, loud breathing at night	21. Frequent throat or other infections
6. Has interrupted snoring where breathing stops for 4 or more seconds	22. Frequent ear infections
7. Had stoppage of breathing more than 2 times in an hour	23. Feels sleepy and/or irritable during the day
	24. Has a difficult time listening and often interrupts
	25. Fidgets with hands or does not sit quietly*
	26. Nervous muscular tics



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

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