

Warranty

All SomnoBrux splints come with a full 1 year warranty from date of purchase, which covers all manufacturing defects and breakages*.



Conditions apply. Visit website for details.

How to care for your SomnoBrux

1. Rinse in cold or lukewarm water and then clean with a soft toothbrush and a mild detergent, such as liquid soap. Rinse well. Do not use toothpaste on your SomnoBrux, as it may be abrasive.
2. Store in a glass of clean water. By storing in water, your SomnoBrux will not dry out and it will help prevent crack corrosion. The splint needs to be fully submerged.
3. Use SomTabs for the thorough cleaning of your SomnoBrux twice a week or as required. You can order SomTabs from your dentist or directly from SomnoMed via our website www.somnomed.com/au or by calling 1800 445 660.

Always follow the instructions on the pack.

You may experience a mild plastic taste during first use of your SomnoBrux, this will disappear with storage and use.

Some patients with amalgam fillings may over time notice discolouration in the lining of their SomnoBrux splint. This is also relevant to patients who use Pyralvex (a solution for mouth ulcers and denture irritation). Discolouration of the material will not adversely affect the performance or longevity of your SomnoBrux.

To reduce the possibility of discolouration do not drink coffee, tea or cola with the device in place. Always brush teeth thoroughly before use and maintain regular dental checkups.

Teeth
Grinding



Protect your teeth with

SomnoBrux™

 **SomnoMed®**

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SomnoBrux

For the treatment of sleep bruxism, SomnoBrux is worn during sleep to prevent against tooth damage caused by grinding, and to alleviate jaw and muscle pain. Similar to a mouth guard, SomnoBrux provides a protective barrier between your tooth surfaces.

The SomnoBrux is designed with your comfort in mind and combined with SMH BFlex is a much higher quality than standard bruxism devices. Your SomnoBrux is custom made making it a precise snug fit and allowing you to open and close your mouth naturally. You will be able to talk, yawn and drink water while wearing the splint.

When it comes to treating your sleep bruxism do not compromise on the quality of your splint. SomnoBrux is made from premium materials and is backed by a full one year warranty.

Can I claim my SomnoBrux on Health Insurance?

SomnoBrux is covered by private health insurance under item #965.

How can I get a SomnoBrux?

If your teeth are worn, damaged or sensitive, talk to your dentist.

*For a list of terms and conditions visit www.somnomed.com



What is Bruxism?

Bruxism is the medical term for clenching and grinding teeth during sleep or throughout the day. It is a common movement disorder that can damage teeth and cause facial pain.

Bruxism can be associated with malaligned teeth, stress and anxiety, temporomandibular joint disorders TMD, or Sleep related breathing disorders such as obstructive sleep apnea OSA.

Can teeth grinding be harmful?

Prolonged bruxism can irreversibly damage the structure and surface enamel of your teeth. In some cases chronic grinding can result in fracturing or even loss of teeth. Chronic grinding can wear teeth down so much that crowns, root canals, implants or dentures may be needed.

Do you suffer from symptoms of Sleep Bruxism?

If you tick any of these boxes a SomnoBrux may benefit you.

- Teeth grinding or clenching, which may be loud enough to wake your sleep partner
- Teeth that are worn down, flattened, fractured or chipped

- Worn tooth enamel, exposing deeper layers of tooth
- Increased tooth sensitivity
- Jaw pain and muscle tightness
- Earache — because of severe jaw muscle contractions
- Headache
- Chronic facial pain