

SomnoDent®

SLEEP APNEA DEVICE



COAT® – The comfortable and effective treatment for sleep apnea

Clinically validated, proven and patented

- Clinically demonstrated to be effective in the treatment of sleep apnea
- Recommended by health insurers in many countries
- SomnoDent devices are CE-compliant, FDA approved, ISO certified and Swissmedic registered

Comfortable to wear

- Allows speech and drinking during night
- No feeling of claustrophobia
- Permits full lip seal
- Discreet when worn
- Small and handy – easy to travel with

SomnoDent® Fusion

- wing components offering four adjustment levels for ergonomic comfort
- reduced lateral movement
- improved therapeutic adjustment of the mandibular advancement position

Comfortable, effective and accurately fitting

- Can be adjusted in increments to find optimum therapeutic position
- Highly comfortable to wear thanks to SMH B-Flex material
- High patient tolerance

Even distribution of forces over all teeth

- Better protection for teeth because forces are evenly distributed over the two plates

Patients confirm high effectiveness

- 96 % of patients with proven OSA stated that they would like to continue to use the SomnoDent sleep apnea device¹⁾
- 91 % of patients reported substantial improvement in sleep quality with the SomnoDent sleep apnea device²⁾

Guaranteed custom-made high-quality construction

- Maximum comfort
- Durable, long life
- 2-year SomnoMed warranty³⁾

1) Mehta A, et al: A Randomized, Controlled Study of a Mandibular Advancement Splints for Obstructive Sleep Apnoea. Am J Respir Crit Care Med 2001; 163: 1457–1461
 2) Gotsopoulos H, et al: Oral Appliance Therapy Improves Symptoms in Obstructive Sleep Apnoea. A Randomized, Controlled Trial. Am J Respir Crit Care Med 2002; 166: 743–748
 3) For the terms and conditions of the SomnoMed warranty, please go to www.somnomed.eu/warranty

SomnoDent®

SLEEP APNEA DEVICE



- ✓ Clinically validated and patented
- ✓ Permits normal mouth opening and closing
- ✓ High patient comfort
- ✓ Allows speech and drinking
- ✓ Easy to travel with

Satisfied SomnoDent® users have told us that:

“I am perfectly happy with the success of this device. I feel more like a human since I started using it. It is so easy to use. I would recommend it to anyone with sleep apnea. It's great.”
Janice DeWitt

“I have now used my splint for two weeks and it works perfectly. I have adjusted the forward jump a bit and my wife says it works.” *Dr. Kristian Hellgren*

“My life is back, thanks to SomnoDent! Now I experience boundless energy like I had as a teenager before I suffered with sleep apnea. I get up early, go to bed late, have joined a gym at 51 (had never been to a gym before and feel 100% re-energised...)” *Fenna Hogg*

Would you like to find out more?

Just ask us:



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SomnoMed AG Europe, Baarenstrasse 125, CH-6300 Zug, Switzerland
 SomnoMed products are registered and SomnoMed is ISO certified
 EU, Switzerland, United States, Canada, Australia, South Korea, Japan, Hong Kong

SomnoMed products are patented and CE-compliant

CE

SomnoMed® – operates worldwide to promote a good night's sleep

SomnoMed® is a company that operates worldwide in the field of medical technology, specializing in the development, manufacture and marketing of sleep apnea devices to treat sleep-related disorders, such as sleep apnea, bruxism and snoring.

SomnoMed®
 The Leader In COAT™
 (Continuous Open Airway Therapy)

SomnoDent®

SLEEP APNEA DEVICE



Patented
 Clinically validated
 Comfortable

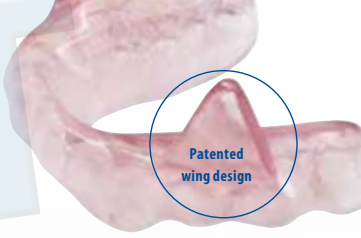
Open Your Airways – Start Breathing



SomnoDent COAT® –
 The comfortable and effective treatment for Obstructive Sleep Apnea (OSA) and snoring

SomnoMed®
 The Leader In COAT™
 (Continuous Open Airway Therapy)

COAT




Well rested and fit for the whole day!

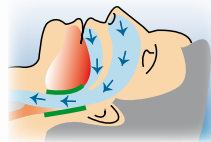
The SomnoDent® sleep apnea device has been fitted to over 175,000 people all over the world, helping them to sleep soundly and restfully again.

Sleep apnea – The hidden epidemic

Although people suffering from OSA (Obstructive Sleep Apnea) may experience hundreds of episodes of apnea (breathing arrests) per night, they are unlikely to remember any of them. If, as is often the case due to loud snoring, the sufferer sleeps separately or lives alone, they may not be aware of their condition, even after many years.

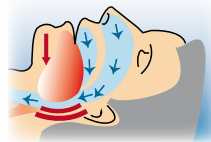
What causes obstructive sleep apnea?

Obstructive Sleep Apnea (OSA) is a serious sleep-related breathing disorder. In a person with OSA, the tongue and muscles of the upper airway relax to a point where they collapse and the airways become obstructed during sleep. This can cause brief breathing arrests – sometimes up to 600 episodes of arrested breathing may occur in a single night. The sleeper, who is typically unaware of these signals, gasps for air and starts breathing again. In the process, loud snoring noises are often produced. The consequence of this recurrent arousal is non-restorative sleep. In the morning, the patients wake up feeling unrefreshed. They often suffer from daytime sleepiness and lack of concentration, which may cause them to fall into the dreaded microsleep while driving.



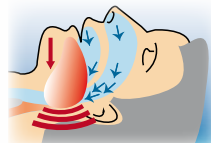
Normal

During normal sleep, the muscles that control the tongue and soft palate hold the airway open.



Snoring

When these muscles relax, the airway narrows. This can lead to snoring.



Obstructive Sleep Apnea (OSA)

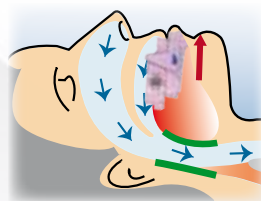
If the tongue and muscles of the upper airway relax too much, the airways can become obstructed, causing repeated breathing lapses.

Is snoring a sign of sleep apnea?

Loud snoring may be an important sign that a person is suffering from obstructive sleep apnea. Untreated sleep apnea can increase the chance of having high blood pressure, a heart attack or a stroke. Problems with sexual function and diabetes may also be associated with sleep apnea.

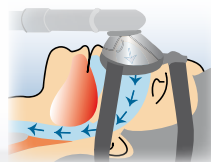
People with the above symptoms should get in touch with their dentist.

How COAT® works with the SomnoDent® sleep apnea device?



The device holds the lower jaw forward, which keeps the airways open.

In many cases, COAT can be used to replace continuous positive airway pressure therapy with a CPAP mask (Fig. on the right)



SomnoDent COAT® Continuous Open Airway Treatment

COAT® provides advanced, highly effective and comfortable treatment of sleep apnea (OSA) with a SomnoDent® sleep apnea device.

The SomnoDent® is a sleep apnea device that is made to measure on the basis of an impression of the upper and lower jaw. The device consists of an upper and lower dental plate. The patented wing-coupling component allows the lower jaw to be moved gently forward into the desired therapeutic position to provide effective treatment. This forward movement tightens the soft tissues and muscles of the upper airway and prevents the tongue from dropping back: the airways remain open while you sleep. This tightening also prevents the tissues of the upper airway from vibrating as air passes over them – a common cause of loud snoring. The SMH B-Flex material inside of the oral device maximizes patient comfort. The resulting high levels of patient satisfaction and acceptance contribute substantially to the therapeutic success of the treatment.

Frequently Asked Questions about SomnoDent®

When is the SomonDent® sleep apnea device worn?

The SomnoDent sleep apnea device is only worn when you sleep. The SomnoDent® splint features a unique design which, unlike other devices, allows you to close your lips.

What if I have a bridge or dentures?

The oral sleep apnea device can be easily fitted over crowns and bridges. The device is also suited for patients with partial or complete dentures.

What will the dentist do?

The dentist will thoroughly examine your teeth and your mouth and may use X-rays to check the oral health status of your jaw. Dental impressions are required to fabricate a SomnoDent sleep apnea device. They are taken and sent to our laboratory, where the device is made to measure. Your dentist will show you how to insert, remove and take care of the device yourself.

Is the SomnoDent® device comfortable and effective?

Yes, because it is custom-made to meet your individual requirements. You will be able to freely open and close your mouth, as well as speak and drink.

Test your daytime sleepiness

Imagine yourself in the situation described below. How likely are you to doze off or fall asleep in each one of them, rather than just feeling tired? Eight simple questions, rated on a scale from 0 to 3, help you to determine your level of daytime sleepiness:

- 0 = would never doze off
- 1 = slight chance of dozing
- 2 = moderate chance of dozing
- 3 = high chance of dozing

Use the above scale to rate your chance of dozing in the following situations.

Situation	Score	0	1	2	3
Sitting and reading		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Watching television		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sitting inactive in a public place (e.g. cinema or theatre)		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Being a passenger in a car		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lying down in the afternoon		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sitting and talking to someone		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sitting quietly after lunch		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
In a car, while stopped for a few minutes in traffic		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Total score: _____

Scores between 0 and 7 are considered normal. You should, however, ask your bed partner if they have noticed anything unusual in your sleep, e.g. "snoring" or "breathing lapses".

A total score of 10 or more suggests that you may suffer from excessive daytime sleepiness. Your daytime sleepiness may have various causes; sleep apnea may be one of them. This issue should be discussed with your dentist.