



**Sleep.**

**Breathe.**

**Live Better!**

  
**SomnoDent<sup>®</sup>**  
SLEEP APNEA APPLIANCE

The comfortable, effective, custom  
treatment for obstructive sleep apnea.

## Did you know...

- Regular snorers have a 33% increased risk of cardiovascular disease
- Patients with OSA are four times more likely to have a heart attack
- 40–80% of stroke victims also suffer from OSA

*Lattimore J et al. J Am Coll Coridal 2003; 41: 1429-1437.*

## SomnoDent

For the treatment of OSA, SomnoDent is worn during sleep to maintain the patency of the upper airway by increasing its dimensions and reducing collapsibility.

SomnoDent is a custom-made appliance, comprising upper and lower dental plates with a unique patented fin coupling component, which allows normal mouth opening and closing.



### SomnoDent G2

The next step in the evolution of sleep apnea therapy, the G2's superior quality and state-of-the-art design offers all the versatility and comfort you need.



### SomnoDent Flex/Classic

Made from our unique SMH BFlex material and acrylic, the Flex provides superior retention and comfort. Made from high-quality orthodontic acrylic, the Classic offers durability, comfort and quality at exceptional value.



### SomnoDent Herbst

Combining the comfort and quality of SomnoDent with the value of the Herbst device.

## How effective is SomnoDent?

- 96% of patients with proven OSA state they would like to continue using SomnoDent
- 91% of patients reported improvement in sleep quality with SomnoDent
- 88% of patients reported nightly use of SomnoDent

*Am J Respir Crit Care Med Vol 163. Pp 1457-1461, 2001.*

## When is it worn?

SomnoDent is worn when you sleep. The appliance is very discrete, allowing you to close your lips so it is not obvious that you are wearing it.



## Is it comfortable?

SomnoDent is comfortable and easy to wear, and most people find that it only takes one or two nights to get used to it. It is custom made to fit your mouth and it does not impinge on your tongue. You can open and close your mouth normally as SomnoDent does not lock or fix your jaws together.

## What if I wear dentures?

An edentulous option can be made from the SomnoDent Flex or SomnoDent Classic. Your dentist can assess your suitability for this.

## What will the SomnoMed dentist do?

The SomnoMed dentist will thoroughly examine your teeth and mouth to confirm your oral health status, as well as ensure that you are dentally appropriate for the appliance. Dental impressions are required to fabricate the SomnoDent. These are then sent to the SomnoMed laboratory where the appliance is made. Once custom made for you, the appliance will be fitted by your SomnoMed dentist who will instruct you on how to insert and remove it yourself, including how to clean and care for your SomnoDent.

*Caution: Federal law restricts this device to sale by or on the order of a dentist.*



- Permits normal mouth opening
- Allows speech and drinking
- Safe and effective
- Clinically validated
- Custom-fit
- FDA 510k
- Easily adjustable
- Warranty against breakages

# OSA is a serious condition.

## Do you suffer from obstructive sleep apnea (OSA)?

It has been linked to excessive tiredness, depression and reduced resistance to infection.

When left untreated OSA can increase the risk of heart attack, hypertension, stroke, high blood pressure, diabetes, catching colds and even death.

It can have a significant impact on quality of life, placing unnecessary strain on relationships with bed partners, family and the work place.

If you have OSA or display symptoms of OSA, such as loud snoring, excessive daytime sleepiness, fatigue and witnessed apneas, it is essential that you seek the right treatment option.

## What causes OSA?

During sleep, muscles relax, including those that control the tongue and throat. The soft tissue (or flesh) at the back of your throat can sag, narrowing the airway. Incoming air then makes the tissue at the rear roof of the mouth (the soft palate), the flap of skin hanging from the palate (uvula) and the throat vibrate—a sound we know as snoring.

Loud snoring may be a sign of a more serious problem—OSA. This is where the airway becomes completely blocked and breathing stops. The brain then detects the lack of oxygen and prompts a momentary arousal to draw breath.

Although OSA sufferers may experience hundreds of apnea episodes per night, they are unlikely to remember any of them. In fact, if sufferers live alone or sleep separately, they may not be aware of their condition, even after many years.



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NOTE: SomnoMed recommends that all patients are diagnosed by a registered sleep physician before undergoing treatment.



The SomnoMed or SomnoDent MAS is intended to reduce or alleviate nighttime snoring and obstructive sleep apnea in adults 18 years of age or older.