

# OSA is a serious condition.

## Do you suffer from 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 between 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 the sufferer lives alone or sleeps separately, they may not be aware of their condition, even after many years.

## Ask your physician or dentist for more information!

### Practice Details:

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



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Swissmedic

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

**Sleep.**   
**Breathe.**  
**Live Better!**

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, comprised of upper and lower dental plates with a unique patented fin coupling component, which allows normal mouth opening and closing.



### Flex

Made from our unique SMH BFlex material and acrylic that provides superior retention and comfort. This model may be preferred where crown and bridge work is present.



### Classic

Made from the highest quality orthodontic acrylic, the Classic has been designed to offer durability, comfort and quality at exceptional value.



### Edent

Designed for patients with no upper teeth and made from either Flex or Acrylic. A quantum improvement on existing edentulous devices.

## 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 extremely comfortable. Why? Because 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?

The Edent can be worn by patients without any upper or lower teeth. Your dentist will assess your suitability for an Edent implant.

## What will the SomnoMed dentist do?

The qualified SomnoMed dentist will thoroughly examine your teeth and mouth to confirm your oral health status, as well as ensuring 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.*



Small enough to fit in the palm of your hand

making it easy to carry when traveling. The appliance is comfortable and easy to wear and most people find that it only takes one or two nights to get used to it.

- Permits normal mouth opening
- Allows speech and drinking
- Safe and effective
- Clinically validated
- Custom-fit
- Full lip-seal
- Easily adjustable
- Warranty against breakages