



SOMNOFIT[®]

Mandibular
advancement
device
**to prevent
snoring and
sleep apnoea**



SWISS MADE - PATENTS PENDING

Causes of snoring

During sleep, relaxing of the muscular tone of the throat and backward movement of the tongue generally reduce the size of the air passage. That causes turbulence and vibration in the flexible region of the palate and the pharynx, which causes the sound. Apart from the audible nuisance that disturbs the others, snoring can develop into a more severe obstruction of the air passage, characterised by pauses in breathing of variable duration. This more severe pathology, called sleep apnoea, justifies a medical consultation.

Principal aggravating factors are:

- Excessive weight
- Drinking alcohol in the evening
- Tobacco, sleeping pills and tranquilisers
- Sleeping on your back
- Severe fatigue
- Parched nasal mucous membrane, deviated nasal septum

Effects on health

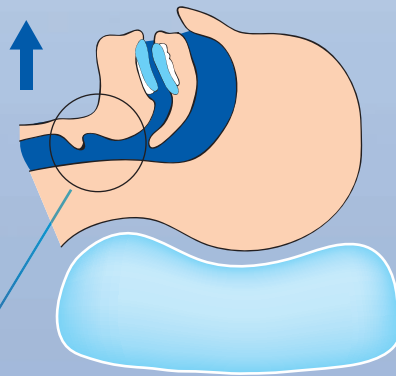
- Snoring causes minor waking episodes which disturb the deep sleep phase. (Especially in case of sleep apnoea)
- Harmful changes in recovery phases
- Fatigue during the day, sleepiness, bad mood, inattention at the wheel
- Headaches, sluggishness and nocturnal perspiration
- Increase of cardio-vascular risks (high blood pressure, stroke)
- Decreased sex drive

How does SOMNOFIT® work?

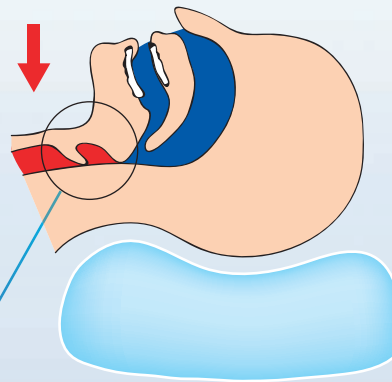
Somnofit is based on the medical anti-snoring solution known as mandibular advancement. It is also a useful alternative for cases of moderate apnoea, avoiding the very stressful use of nasal ventilation with a continuous positive pressure device (CPAP).

The principle of the Somnofit advancement device consists in forcing the lower jaw forward a few millimetres in order to free the air intake passage and release the back of the tongue.

Many clinical studies show the effectiveness of a mandibular device system such as Somnofit, which suppresses, or considerably reduces, snoring and moderate apnoea.



RESPIRATORY PASSAGES FREED
= no snoring with Somnofit



RESPIRATORY PASSAGES OBSTRUCTED
= snoring and apnoea

How is SOMNOFIT® fitted and used?

Somnofit includes two oral mouldings (upper and lower). The user simply takes a dental impression, just once, by immersing each moulding in the water which is heated, in order to soften the thermal moulding material, to the required temperature as indicated on the included floating thermometer.

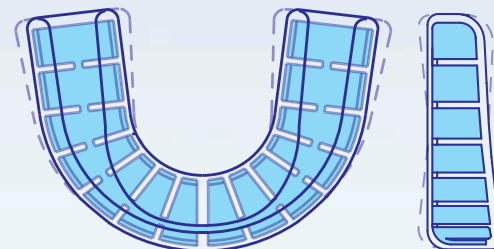
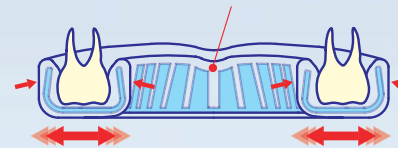
The two mouldings are then linked by one supple strap in order to fix the advancement of the lower jaw. The user then has a fully personalised Somnofit that is ready for use. It only remains to place the Somnofit in the mouth every night before going to sleep to ensure a restful night.

The benefits of SOMNOFIT®

- A professional device, for a very attractive price, that is easy to maintain
- Perfect fitting for any dental morphology
- Well balanced mandibular traction distributed over 18 to 22 teeth
- No harmful tensions on the teeth or articulations
- Perfect retention and comfortable in the mouth, with minimum size
- Materials meeting medical and alimentary standards
- Freedom of movement of the jaws and perfect nocturnal swallowing of saliva owing to the flexibility of Somnofit
- Mandibular advancement adjustable from 3.0 to 10.5 millimetres on 6 positions

The Artoflex system

Each moulding consists of an internal articulated and flexible framework includes inside a thermoformable material for a perfect adaptation to any dental morphology and an optimal and comfortable retention in the mouth.



Adjustment of the mandibular advancement

6 straps of different lengths are supplied for an adaptation perfectly fitted to the needs of the patient.



The **SOMNOFIT**[®] set

- An upper moulding with 2 front hooks
- A lower moulding with 2 back hooks
- A floating thermometer
- A ventilated storage box
- A set of 6 supple straps for adjusting the lower jaw advancement
- Instructions

When to use **SOMNOFIT**[®]

Somnofit is recommended in the following cases:

- Snoring
- Moderate apnoea (medical consultation advised)
- Apnoea at certain times: travelling, camping, on a boat, holidays (medical consultation advised)
- Bruxism, migraines due to mandibular tensions

Somnofit is contra-indicated for patients who:

- wear a removable or partial dental prosthesis
- have mandibular joint pain
- have loose teeth or advanced periodontal disease
- upper or lower jaw with less than 10 teeth
- are under 18 years old

Using
SOMNOFIT[®]
means:

- **Rediscovering the benefits of that refreshing sleep which is so good for your health.**
- **Respecting the nocturnal tranquillity of those around you.**
- **Benefiting from the most recent research and technology.**

Distribution:

Oscimed SA

Allée du Quartz 3

CH-2300 La Chaux-de-Fonds

Tél: +41 32 926 63 36

Fax: +41 32 926 63 50

Email: info@somnofit.com

www.somnofit.com



SWISS MADE by Oscimed - PATENTS PENDING