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INNOVATIVE ANTI-SNORING SOLUTIONS



Snoring

Causes and effects on health

What causes snoring?

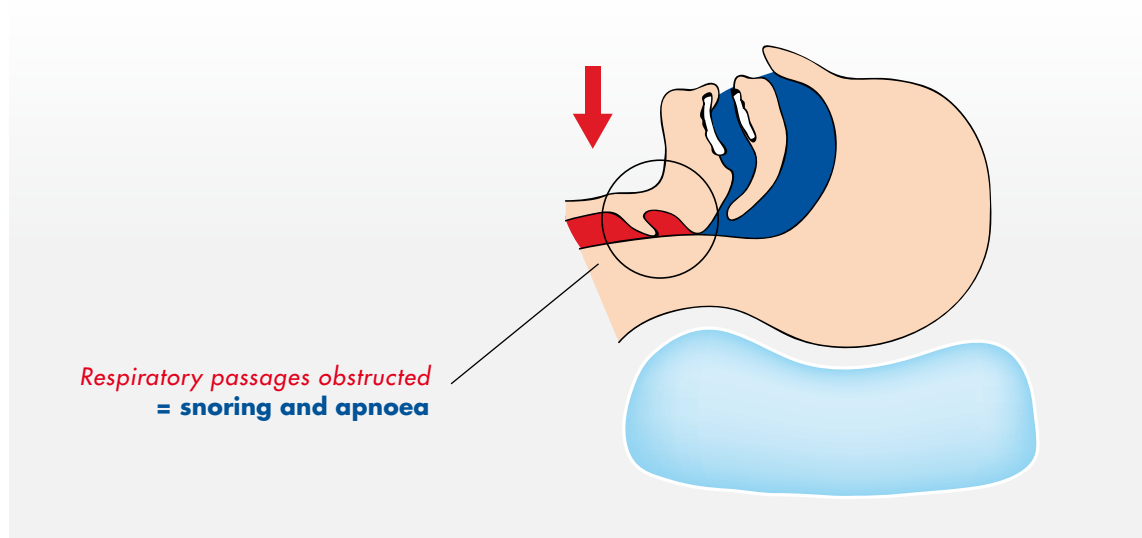
During sleep, muscular relaxation of the throat and tongue actually reduce the size of the windpipe. Air is forced past the obstruction causing turbulence and vibration, which creates the sound that we all know as snoring. Apart from its nuisance value to others and loss of sleep, snoring can develop into a more severe obstruction of the airway that actually prevents people from breathing. This is called sleep apnoea and requires a medical consultation.

What can aggravate snoring?

- Excessive weight.
- Drinking alcohol at night.
- Tobacco, sleeping pills and tranquillisers.
- Sleeping on your back.
- Severe fatigue.
- Parched nasal mucous membrane.
- Deviated nasal septum (broken nose).

Snoring adversely affects your health!

- Snoring seriously disturbs sleep patterns.
- It can harm restful recovery.
- Causes tiredness during the day, drowsiness, irritability and driver inattention.
- Gives you headaches, sluggishness and nocturnal perspiration.
- Increases cardio-vascular risk (high blood pressure, strokes etc).
- Decreases sex drive.



Anti-snoring mouthpiece

A high-quality thermo-adaptable mouthpiece

SOMNOFIT includes two oral mouldings (upper and lower) which can be heated and moulded to fit your teeth. A strap connects the mouldings to hold the lower jaw forward. The user then has a product that is fully personalised and can be worn every night.



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

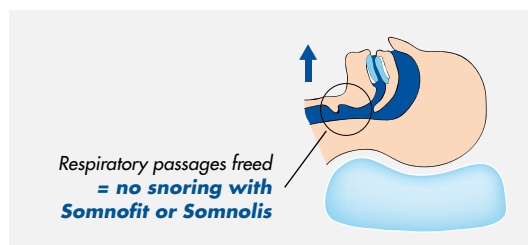
Contents

- 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.
- Instructions.



Principle of operation

During sleep, SOMNOFIT hold the lower jaw forward by a few millimetres. This advancement clears space around the back of the tongue to allow inhaled air to flow freely.



Indications

- Snoring.
- Mild to moderate obstructive sleep apnoea (medical supervision required).
- Obstructive sleep apnoea at certain times: travel, camping, on a boat, holidays (medical supervision required).
- Bruxism (grinding teeth), migraines due to mandibular tensions.

Contraindications

- 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.

Effectiveness

The principle of mandibular advancement is clinically proven. It allows reducing or eliminating snoring in more than 80% of the cases. In the case of obstructive sleep apnoea, the average reduction of the apnoea index is approximately 55%, but can significantly vary from one patient to another. Consequently, an effectiveness examination should be conducted with the medical specialist.

Somnolis®

Anti-snoring mouthpiece

The simple, effective and affordable mouthpiece



SOMNOLIS is a slightly visible mouthpiece. No teeth impression is required to use it and it can quickly and discretely be placed in the mouth. SOMNOLIS is affordable and is ideal for your first time using an mouthpiece, for holidays, camping or a short stay in hospital for example.

Principle of operation

During sleep, SOMNOLIS hold the lower jaw forward by a few millimetres. This advancement clears space around the back of the tongue to allow inhaled air to flow freely.

Indications

- Snoring.
- Apnoea at certain times: traveling (medical consultation advised).

Contraindications

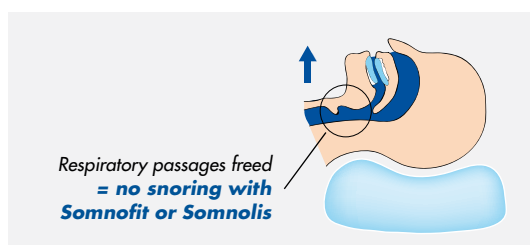
- A removable dental prosthesis is worn.
- A partial dental prosthesis is worn without reliable fixation.
- There is pain in mandibular articulation.
- There is loosening or instability of the teeth.
- Important: In case of a regular and long-lasting use, we recommend the use of a customized device (with a taking of the teeth impression) like SOMNOFIT (to know more about it: www.somnofit.com).

Effectiveness

The principle of mandibular advancement is clinically proven. It allows reducing or eliminating snoring in more than 80% of the cases. In the case of obstructive sleep apnoea, the average reduction of the apnoea index is approximately 55%, but can significantly vary from one patient to another. Consequently, an effectiveness examination should be conducted with the medical specialist.

Contents

- 1 splint against snoring SOMNOLIS.
- 4 adjusting straps.
- 1 instruction for use.



Respiratory passages freed
= no snoring with
Somnofit or Somnolis

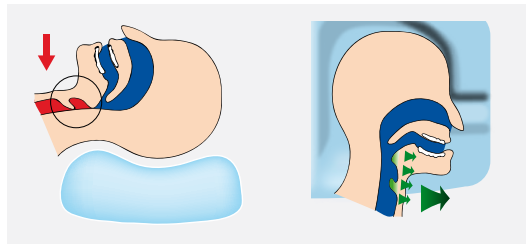


Positioning pillow

According to scientific studies, snoring for 55% of snorers is due to a positional problem. They snore more sleeping on the back than on the side. Posiform has a unique anti-snoring design, which ensures maximum effectiveness.

Principle of operation

This pillow has a form which stimulates sleeping on the side with the head inclined slightly downward. In this position, the tongue is pushed slightly forward by gravity disengaging the pharynx and ensuring unobstructed breathing.



Indications

- Positional snoring.
- Light and positional apnoea; requires authorisation from the physician.

Effectiveness

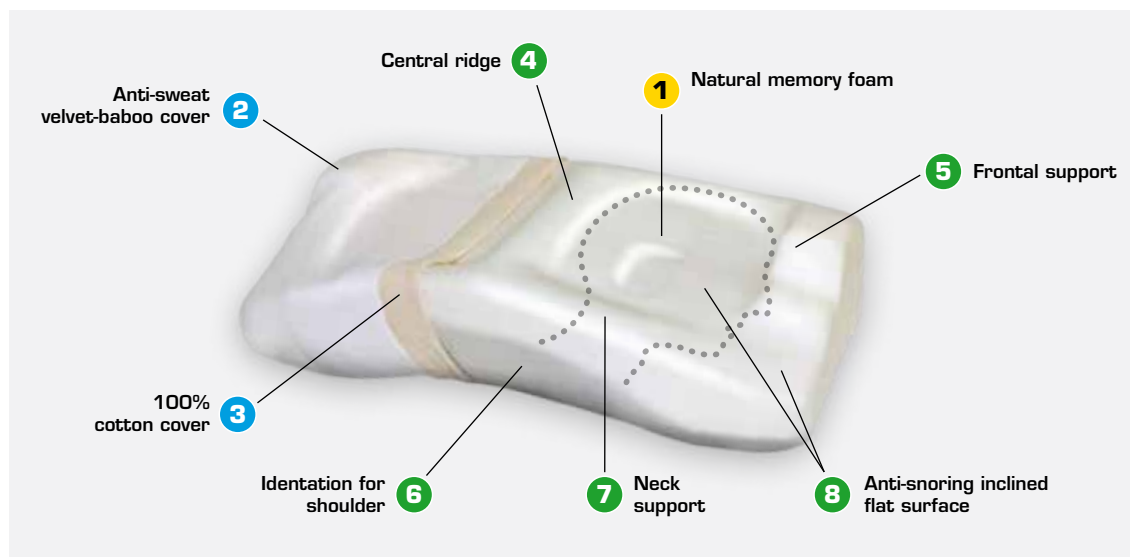
Very effective in the case of positional snoring and stable sleep.

Contraindications

- Articular neck pains.
- Very light sleep with frequent movements.

Contents

- 1 memory foam contour pillow.
- 1 with interior cotton cover and bamboo cover.



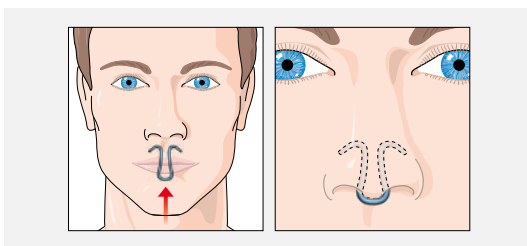
Nasal dilator

Discrete, comfortable and reusable, ClipAir improves breathing, and prevents snoring and drying of the throat.



Principle of operation

ClipAir fits easily into the nose. It discretely holds the sides of the nose even in the case of strong inspirations.



Indications

- Snoring.
- Difficult nasal breathing.
- Narrow nose or nasal valve.
- In combination with a CPAP mask, to improve the passage of air under pressure.
- Sports.

Contraindications

- Scars or irritations in the nose.

Effectiveness

Nasal dilator effectiveness is proven in clinical sleep studies to have the following effects:

- Reduce breathing effort. (*)
- Lower the heart rate in people suffering from apnoea. (*)
- Restore a feeling of repairing sleep in users (*) and (**)
- Reduce snoring in more than 50% of users. (**)
- Reduce throat drying. (**)

In a sports activity, the nasal dilator is clinically proven (J. Griffin, Laryngoscope, 1997) to:

- Reduce the heart rate.
- Reduce the perception of effort.
- Reduce the ventilation needed for the effort.

Contents

- 1 set of 3 clips in S, M, L sizes

(*) As reference, the study by P. Kerr et. al.
Journal of Otolaryngology 21:3, 1992

(**) As reference, the study by Jan Ulfberg, 1997

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Anti-snoring mouth rinse



Principle of operation

SOMNOSOL contains natural elements such as essential oils (peppermint, eucalyptus, lemon) and vegetal extracts favouring healthy breathing. They help reduce the snoring sound level.

Indication

- Snoring.
- Refreshes the breath.

Contraindications

- Sensitivity or allergy to one of the ingredients.

Usage limitation

SOMNOSOL is not in any case intended for the treatment of obstructive sleep apnoea, which requires a consultation with a medical specialist.

Composition

Aqua, Glycerin, Panthenol, PEG-40 Hydrogenated castor oil, xanthan gum, mentha piperita oil, sodium citrate, propylene glycol, sorbic acid, thymus zygis herb oil, eucalyptus globulus oil, vitis vinifera leaf extract, aesculus hyppocastanum seed extract, citrucs limon peel oil, sorbitol, phenoxyethanol, sodium hyaluronate, ethylhexylglycerin.

Contents

- 1 x 250 ml bottle
- 1 doser

Which anti-snoring product to choose?

Each snorer will have to discover the best suited solution for him or her. Even though mandibular advancement ortheses are considered to be very effective, several factors have to be taken into account, notably the user's tolerance for either a nose or mouth positioner, quality of dentition, type of

snoring, with or without apnoea, positional, quality of nose breathing.

We also recommend combinations of products acting on the nose and throat, for example, ClipAir and Somnofit or Somnolis or PosiForm or Somnosol.

	Somnofit Mouth Splint	Somnolis Mouth Splint	PosiForm Pillow	ClipAir Nasal Dilator	Somnosol
Snoring	★ ★ ★	★ ★ ★	★ ★	★ ★	★ ★
Apnoea ¹	★ ★ ★	★	★	★	—
Positional snoring or apnoea ²	★ ★	★ ★	★ ★ ★	★	Snoring only ★ ★
Snoring with unstable dentition or intolerance to mouth splints	Contra-indicated	Contra-indicated	★ ★ ★	★ ★ ★	★ ★ ★
Difficult nasal breathing	—	—	—	★ ★ ★	—

¹ Apnoea: please consult a physician.

² Positional snoring: a snorer suffers from positional snoring if he snores less by sleeping on the side than on the back.



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