



You have tried CPAP and  
would like an alternative.  
Here are the next steps.



### Today

If you've had a sleep study and an oral appliance was recommended as a potential therapy, you can start a treatment plan straight away.

Otherwise we recommend speaking to your GP or a sleep physician as a first step.

**If you are ready to begin a treatment plan**, our staff will conduct a short eligibility questionnaire prior to booking you in for the initial appointment.



### Week 2

Dental appointment and digital scan for oral appliance.



### Week 4

At your next appointment, the dentist will fit your custom made oral appliance. Comfort is key to success and so the dentist will ensure the device fits properly.



### 6 Months

After 6 months, we will recommend you undergo a sleep apnea screening test to verify the device is adequately controlling snoring and sleep apnea.

*Optional follow up if needed for adjustments*

  
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[www.somnomed.com/au](http://www.somnomed.com/au)

**THIS PRODUCT IS NOT AVAILABLE  
FOR PURCHASE BY THE GENERAL PUBLIC**

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Treat your Snoring & Sleep Apnea  
with clinically proven

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

 **SomnoMed**<sup>®</sup>

## The foundation of good health is a good night's sleep

Sleep is the basis of good health, feeling well and being happy. Sleep gives our body and mind time to recover and rejuvenate.

Sleep related breathing disorders such as Obstructive Sleep Apnea and Snoring disrupt restful sleep and over time can have devastating effects on your health, work and relationships.

## What is Obstructive Sleep Apnea?



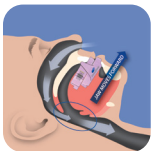
Snoring

While you sleep your body relaxes and muscles soften, the tongue can drop back and reduce airflow as you breathe. The soft tissue may vibrate as air tries to rush into your lungs and this causes you to snore.



Obstructive Sleep Apnea

If you have obstructive sleep apnea your airway periodically closes over and prevents air from getting to your lungs while you sleep. An apnea can last from 10 seconds and in severe cases over a minute in duration. Numerous apneas throughout the night cause sleep disturbance and put strain on your heart.



Airway with SomnoDent

One of the treatment choices your doctor can prescribe is a custom made Mandibular Advancement Splint such as SomnoDent. It is worn over your teeth and holds your lower jaw forward, which opens your airway.

## How do I know if I have Obstructive Sleep Apnea?

### KEY SIGNS AND SYMPTOMS

- Excessive snoring
- Partner notices you stop breathing
- Choking or gasping during sleep
- Frequent visits to the bathroom during the night
- Daytime tiredness
- Lack of energy
- Poor concentration/memory
- Falling asleep during the day

## What are the consequences?

- Relationship breakdown
- Partner sleeping in separate room
- Impact on your career
- Increased risk of:
  - Heart attack
  - Stroke
  - Type 2 diabetes
  - Increased blood pressure
  - Increased risk of motor vehicle & work place accidents



## How does SomnoDent help?

SomnoDent is recommended for use in patients with Snoring and Mild to Moderate OSA or in more severe cases where CPAP treatment is not tolerated. It is a custom fitted dental device worn while you sleep that fits over your upper and lower teeth and is designed to keep your airway open by holding your lower jaw and tongue base forward. SomnoDent is comfortable, discreet and easy to use.

## Why you need a custom made device fitted by a dentist

Comfort and the ability for the device to stay in place are critical in treatment success. Clinical research has proven custom fitted devices are much more effective than cheap "one size fits all" devices sold online and over the counter. You will be wearing your device every night for a long time, so you want to make sure it fits properly and works effectively to give you a good night's sleep.



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

Item number #984 can be used when claiming SomnoDent on health insurance.

All SomnoDents now come with a 3 year warranty

\*See website for terms and conditions.