

# Defining OSA

## Obstructive Sleep Apnea is a serious health condition.

OSA is a life-long medical condition that can affect your sleep, health and quality of life. It has been linked to hypertension, diabetes, heart disease, work and driving related accidents and stroke.

It can have a significant impact on quality of life, placing unnecessary strain on relationships between bed partners, family and in the workplace.

If you or a loved one have OSA or display symptoms such as snoring, excessive daytime sleepiness, or pauses in breathing while sleeping, treatment is essential.

## What causes OSA?

During sleep, muscles relax, including those that control the tongue and throat. The soft tissue at the back of your throat can sag, narrowing and constricting the airway.

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

*Ask your physician or dentist for more information!*

Practice Details:

## SomnoDent Devices Are ...

- Comfortable
- High Quality
- Clinically Effective

Ask your dentist if SomnoDent treatment is right for you.

*Join the over 150,000 patients worldwide treated with SomnoDent!*

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**SomnoMed**  
The Leader In COAT™  
(Continuous Open Airway Therapy)

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

*Restful Nights.  
Refreshing Days!*

*The high quality, comfortable, custom treatment for obstructive sleep apnea.*

## Did you know ...

- ☞ Approximately 18-30 million adults suffer from sleep apnea
- ☞ 30% of patients with hypertension have OSA
- ☞ 40–80% of stroke victims also suffer from OSA

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

## SomnoDent Continuous Open Airway Therapy, for the treatment of mild to moderate obstructive sleep apnea

Worn during sleep, SomnoDent devices fit over the upper and lower teeth. The device slightly moves the lower jaw forward, helping to keep the airway open and allowing you to breathe normally.

The SomnoDent line of devices are customized to you and offer superior comfort and quality. They are uniquely compliant and highly effective. In fact, 91% of patients reported improvement in sleep quality while wearing their SomnoDent<sup>1</sup>.

<sup>1</sup>AM / Respir Crit Care Med Vol 163. Pp 1457-1461, 2001



**Flex**



**Classic**



**G2**



**Herbst<sup>®</sup>**

## SomnoDent products:

- ✓ Customized and comfortable
- ✓ Are made with the highest quality acrylic
- ✓ Do not discolor or attract odors
- ✓ Have a life expectancy of 3-5 years, and a 3-year warranty against manufacturing defects

## Your dentist will choose the appropriate SomnoDent product for you:

**SomnoDent Flex<sup>®</sup>** — The Flex offers premium comfort. Made with our unique SMH-BFlex material, the Flex has a soft inner liner and offers superior retention.

**SomnoDent Classic<sup>®</sup>** — The Classic is our original innovation in customized oral devices. Retained using medical grade stainless steel ball clasps, this device is also available with an option that provides you with additional tongue space.

**SomnoDent G2** — SomnoMed's latest innovation, the G2, is easy to calibrate and is a standard metal-free device.

**SomnoDent Herbst<sup>®</sup>** — The Flex version of the Herbst offers superior comfort and retention for you.

\*If you wear dentures, an edentulous option can be made from the SomnoDent Flex or SomnoDent Classic.



## What services will the dentist perform?

**Initial Visit** — Thoroughly examine your teeth and mouth to confirm your oral health status, as well as ensure that you are dentally appropriate for the device.

At that time, a bite registration and impressions will be taken so that the SomnoDent prescription can be completed and sent to SomnoMed's medical manufacturing facility by the dentist.

**Delivery Appointment** — The SomnoDent will be placed and checked for fit.

The dentist will also instruct you on how to insert and remove it yourself, including how to clean and care for your SomnoDent.

**Calibration Visits** — The purpose of these visits is to determine the optimal position of the device.

**Follow-up Visits** — Once the optimal position has been achieved, the dentist will refer you back to your sleep physician for a follow-up visit.

SomnoDent devices are intended to treat mild to moderate obstructive sleep apnea in adults 18 years of age or older. SomnoMed<sup>®</sup> & SomnoDent<sup>®</sup> are registered trademarks of SomnoMed. Herbst<sup>®</sup> is a registered trademark of Dentaaurum, Inc., Newtown, PA.

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The Leader In COAT<sup>™</sup>  
(Continuous Open Airway Therapy)