

So, what is the process from here?



When your physician recommends SomnoDent you'll be directed to a SomnoMed dentist for an initial consultation. At your first visit your dentist will confirm a device is suitable for you.



Once confirmed and you are happy to proceed, your trained dentist will take an impression of your upper and lower teeth and send these impressions to SomnoMed where we make up your custom made SomnoDent. After two weeks your dentist will make a second appointment time to come back in and have your device fitted.



Comfort is the key to successful treatment and your dentist will ensure your new device fits well, is comfortable and retentive. The dentist will give you instructions on fitting and removing your device and cleaning and care instructions.



Your dentist will book you in for a third consultation after you have become used to wearing your device. If everything is going well and you are sleeping well and feeling better there is no need to adjust the device. If however there are still some symptoms your dentist will titrate the device and move your jaw a little further forward.

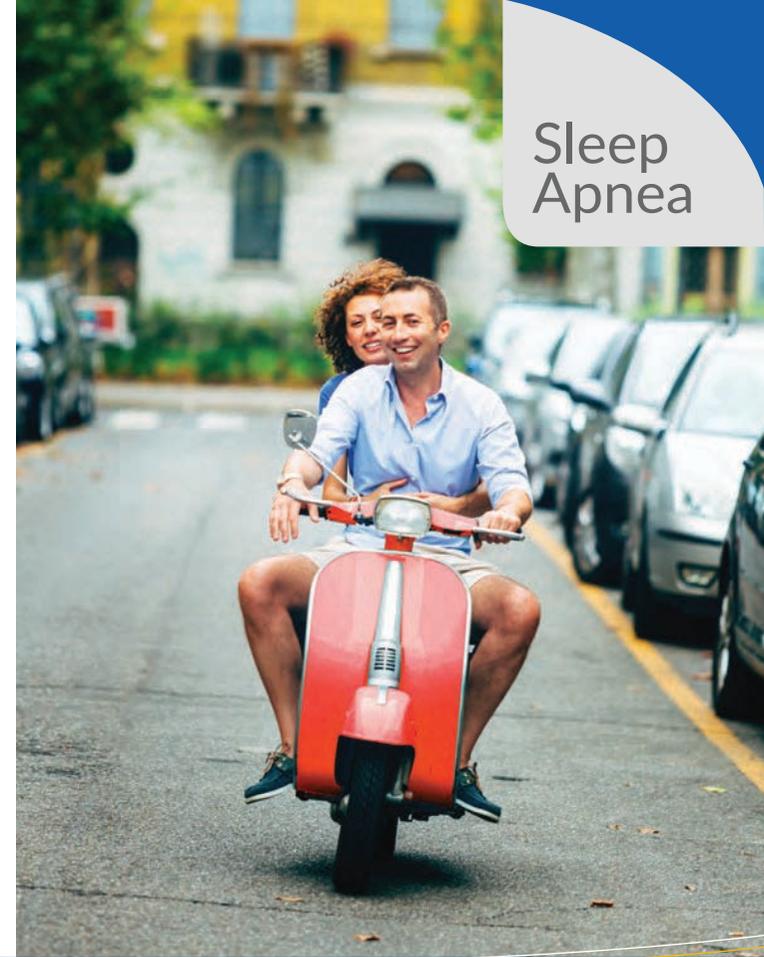


You may also be referred back to your Sleep Physician within the next 12 months for a follow up appointment to make sure that your new SomnoDent device is effective in treating your sleep apnea.



Ask your doctor or visit our website for a SomnoDent dentist near you.

www.somnomed.com.au



Sleep Apnea

Treat Snoring & Sleep Apnea with clinically proven

SomnoDent[®]
SLEEP APNEA APPLIANCE

SomnoMed Limited

Level 3, 20 Clarke Street
Crows Nest NSW 2065
Phone: 1800 445 660
Fax +61 2 9467 0467


SomnoMed

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?

Keys 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 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 should you have 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 on-line and over the counter. You will be wearing your device every night for a long time, and this device is an investment in your health. So you want to make sure it fits properly and works effectively to give you a good night's sleep.



SomnoDent[®]
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