

Indications and contra-indications for use

Somnolis is recommended in the following cases:

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

Somnolis is not advised where:

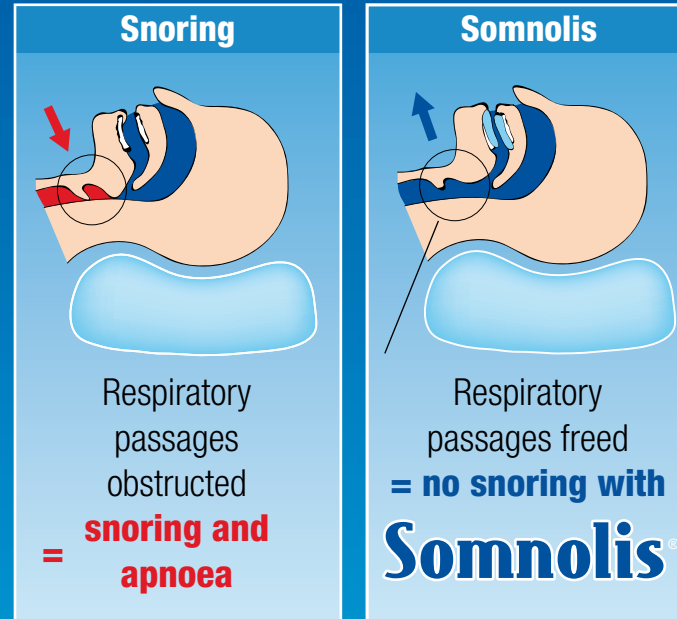
- A removable dental prosthesis is worn.
- A partial dental prosthesis is worn without reliable fixation.
- There is pain in mandibular articulation.
- There is loosening or instability of the teeth.

Important:

In case of a regular and long-lasting use, we recommend the use of a customised device (with a taking of the teeth impression) like SOMNOFIT (to know more about it: www.somnofit.com).

Somnolis®

ANTI-SNORING



Made in Switzerland by **Oscimed SA**
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CE PATENTS PENDING



Silent nights...

Somnolis®

ANTI-SNORING

COMFORTABLE AND SLIGHTLY VISIBLE



The Somnolis solution

ORAL DEVICE

Somnolis moves the lower jaw forward a few millimetres in order to release the back of the tongue and free the way of the inspired air. This clinically proved principle eliminates snoring and brings a refreshing sleep.



Somnolis... 8 grams only



5 seconds to fit in the mouth



silence and discretion during the whole night.

Causes of snoring

During the sleep, relaxing of the muscular tone of the throat and backward movement of the tongue generally reduces 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 others, snoring can develop into a more severe obstruction of the air passage, characterised by pauses in breathing of variable duration. The more serious problem of sleep apnoea justifies a medical consultation.

Principal aggravating factors are:

- Excessive weight.
- Drinking alcohol in the evening.
- Tobacco, sleeping pills and tranquillisers.
- Sleeping on your back.
- Severe fatigue.
- Lowers your sex drive.

Effects on health

- Snoring causes minor waking episodes which disturb the deep sleep phase.
- Harmful changes in recovery phases.
- Fatigue during the day, sleepiness, bad mood.
- Headaches, sluggishness and nocturnal perspiration.
- Cardio-vascular symptoms (high blood pressure, risk of brain haemorrhage).

The advantages of Somnolis

- Rapidly fits in the mouth.
- Comfortable and slightly visible.
- 4 different adjustments
- Medical material (Biocompatibility standards)
- Principle of action clinically proved.