

Frequently Asked Questions about the SomnoDent® MAS

When is it worn?

The SomnoDent® MAS is only worn when you sleep. The SomnoDent® MAS is very discrete, allowing you to close your lips so it is not obvious you are wearing it.

Is it comfortable?

You won't find a more comfortable MAS. Why? Because it is custom-made to fit your mouth and it does not impinge on your tongue. You can open and close your mouth normally as the SomnoDent® MAS does not lock or fix your jaws together.

Is there a warranty?

Yes. The SomnoDent® MAS offers a one year warranty against manufacturing defects, which means you can have full confidence in the product.

What if I have a bridge or denture?

Patients with dentures may be successfully fitted with the SomnoDent® MAS, as long as there are sufficient teeth on the lower arch for optimal retention. Your dentist will be able to address this with you. SomnoDent® MAS may be fitted over dental implants.

What will the dentist do?

The dentist will thoroughly examine your teeth and mouth and may use X-rays to confirm your oral health status, as well as ensuring that you are dentally appropriate for the splint. Dental impressions are required to fabricate a SomnoDent® MAS. They are then sent to our laboratory where the appliance is made. Once custom made for you, the appliance will be fitted by a Dentist who will show you how to insert and remove it yourself, as well as how to clean and care for it.

Features and Benefits

- Permits normal mouth opening
- Allows speech & drinking
- Unrestricted tongue space
- Full lip-seal
- Easily adjustable
- Safe & effective
- Clinically validated
- Custom-fit



"Just wanted to send you a BIG THANK YOU..."

Many satisfied SomnoDent® MAS users have shared their great results:

"The SomnoDent® MAS has changed my life. I haven't slept like this for years! I love that I can chat and drink with the appliance in. I am so happy with the SomnoDent® MAS."

Christopher
Paoli, PA

"Instantly improved my quality of life after years of decline!"

Dave
Mosinee, WI

"No mask, no tubes, no machine making noise. I recently went on vacation, threw it in my suitcase and away I went. No hassle through security. It is the greatest - the only way to go."

Joyce
Santa Cruz, CA

"I dreaded the thought of 2 CPAPs filling our bedroom with equipment; extra tables and all the hoses! I'm delighted that my SomnoMed device is easy to use, easy to clean and easy to store. I especially enjoy ease of traveling with my device while my husband struggles with his CPAP equipment."

Virginia
Ankeny, IA

**SomnoDent**[®]
DESIGNED FOR SLEEP



**The comfortable,
effective, custom
treatment for
Obstructive Sleep Apnea.**

**SomnoMed**[®]
Dental • Sleep • Medical



Patented

Swissmedic



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**Ask your physician or dentist for
more information.**

Comfort of SomnoDent® MAS

The SomnoDent® MAS is comfortable and easy to wear. The appliance uses the smallest amount of material possible, reducing bulkiness in the mouth. It is made up of two separate pieces, which allow you to speak, yawn and drink. Our design does not limit tongue space which results in a high comfort level with the SomnoDent® MAS.

- ✓ 96% of patients with proven OSA stated they would like to continue to use the SomnoDent® MAS.¹

	SomnoDent® MAS	CPAP Therapy
Travels Well	X	
Free from Attachments	X	
Speak and Drink while in Use	X	
Makes NO Noise	X	
Requires Electricity		X
Cumbersome Head Gear		X
Consumable Parts to Replace		X
Limits on Sleep Positions		X



The SomnoDent® MAS

The SomnoDent® MAS is a Mandibular Advancement Splint (MAS) that treats mild, moderate and severe OSA by moving the lower jaw slightly forward. This movement tightens the soft tissue and muscles of the upper airway, which prevents obstruction while you sleep. The SomnoDent® MAS also prevents the tissues of the upper airway from vibrating as air passes over them, which is the major cause of snoring.

Effectiveness of SomnoDent® MAS

The SomnoDent® MAS is a highly effective solution, for the majority of patients suffering from Obstructive Sleep Apnea. Its exceptional levels of patient acceptance and compliance as well as treatment efficacy are backed by a large body of clinical research which you can find on our website, somnomed.com.

- ✓ 91% of patients reported substantial improvement in sleep quality with the SomnoDent® MAS.¹



Durability

The SomnoDent® MAS is made from premium grade materials to ensure durability. Each appliance is manufactured in a FDA registered facility under quality systems designed to meet FDA requirements. Your SomnoDent® MAS will pass a quality check to ensure you are receiving a custom appliance made to your Doctor's specification.

The SomnoDent® MAS comes with a one year warranty against manufacturing defects. Proper care and maintenance of your appliance should result in a long life of comfortable and effective use.

Flex



Made from our unique SMH BFlex material and acrylic that provides superior retention and comfort. This model may be preferred where crown and bridge work is present.

Classic



Made from the highest quality orthodontic acrylic the MAS has been specifically designed to offer durability, comfort and quality at exceptional value.

Edent



Designed for patients with no upper teeth and made from either Flex or Acrylic. A quantum improvement on existing edentulous MAS devices.

The comfortable, effective, custom solution to Obstructive Sleep Apnea.



Customized SomnoDent® MAS

The SomnoDent® MAS is a custom-made appliance with a number of key features that are significant improvements on other oral appliances. Consisting of upper and lower dental plates with a unique patented fin-coupling component, the SomnoDent® MAS permits normal mouth opening and closing. Our appliance also provides adjustable levels of lower jaw advancement. This improves the comfort and effectiveness of treatment, as the jaw is moved only as far as is required to treat the condition.

- ✓ Successful treatment of mild, moderate and severe OSA
- ✓ Unrivalled patient acceptance and compliance
- ✓ One year warranty



Did You Know?

- 40-80% of stroke victims also suffer from OSA.²
- People with OSA are 4 times more likely to have a heart attack.²
- Patients with OSA use CPAP for less than five hours per night on average.³
- If you have OSA, you are twice as likely to die in your sleep and 7 times more likely to have a motor vehicle accident.^{4,5}
- OSA Patients are at a 40% greater risk of having depression.⁴
- Individuals with OSA are also more likely to have sexual impotence and develop diabetes.^{6,7}

Clinical Research - Visit our website, www.somnomed.com or call 1-888-447-6673 for full copies of these studies.

1. Mehta A, et al: A Randomized, Controlled Study of a Mandibular Advancement Splints for Obstructive Sleep Apnea. *Am J Respir Crit Care Med* 2001; 163: 1457-1461
2. Lattimore J et al. *J Am Coll Cardiol* 2003; 41: 1429-1437
3. Engleman, et al: Compliance with CPAP therapy in patients with sleep apnea/hypopnea syndrome. *Respiratory Medicine Unit, City Hosp, Edinburgh EH10 5SB*
4. Smith R, Ronald J, Delaive K, et al, "What are obstructive sleep apnea patients being treated for prior to this diagnosis?" *Chest*, 121, 164-172, 2002.
5. Kryger MH, Roos L, Delaive K, et al, "Utilization of health care services in patients with severe obstructive sleep apnea", *Sleep*, 19, S111-116, 1996.
6. Babu AR, Herdegen J, Fogelfeld L, et al, "Type 2 diabetes, glycemic control, and continuous positive airway pressure in obstructive sleep apnea", *Arch Intern Med*, 165, 447-452, 2005.
7. Harsch IA, Hahn EG, Konturek PC, "Insulin resistance and other metabolic aspects of the obstructive sleep apnea syndrome", *Med Sci Monit*, 11, RA70-75, 2005.