

Snoring, more than a social problem

Snoring isn't just a noisy nuisance. As well as being loud enough to disturb both sufferers and their families, snoring can also interrupt sleep and place pressure on relationships. If this is the case, snoring may be a sign of a related condition known as Obstructive Sleep Apnea (OSA).

Persistent loud snoring often disturbs the sleep of the snorer and anyone within hearing range. This disruption to sleep can contribute to fatigue and leave the sufferer feeling tired, drowsy, and inappropriately sleepy. The prolonged effects of lack of sleep can lead to slowed responses, memory problems, difficulty in paying attention and concentrating, and may also cause performance problems at work. More importantly, lack of sleep can increase the risk of automobile accidents and can adversely affect relationships. Surveys have shown that many snoring couples resort to sleeping in separate rooms.

Additionally, when snoring is so loud that it disturbs the sleep of snorers and their family, it is likely that the sufferer has OSA.

What is OSA?

Whereas snoring is a result of partial blocking of the upper airway, in OSA the airway is completely obstructed and the sufferer stops breathing. In Greek, the word 'apnea' literally means 'without breath'. Although sufferers may not recall waking up, the normal sleep cycle is disrupted, sometimes up to several hundreds times each night.

Although there are three types of sleep apnea, including: obstructive; central; and mixed, obstructive is by far the most common, affecting up to 24% of adult males and 9% of females.

Some of the symptoms of OSA include:

- Headaches
- Poor concentration
- Loss of libido
- Tiredness on waking
- Daytime sleepiness

Do you snore?

SomnoMed

SomnoMed designs and manufactures medical devices that provide comfortable and effective sleep solutions.

The SomnoMed MAS™ is a clinically validated treatment for snoring and mild to moderate OSA.

SomnoMed

SomnoMed Inc.
3537 Teasley Lane
Denton, TX 76210

Toll Free: 1-888-447-6673
Fax: 940-381-5220
Email: USInfo@somnomed.com



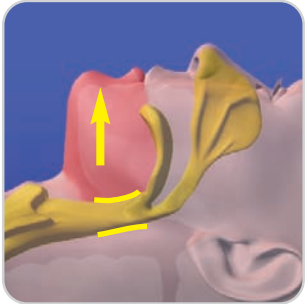
www.somnomed.com

SomnoMed MAS™
Ask for it by Name

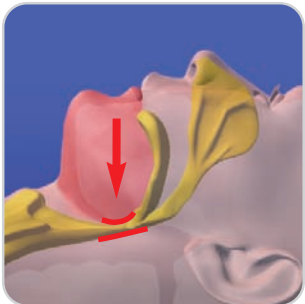


OSA - The hidden epidemic

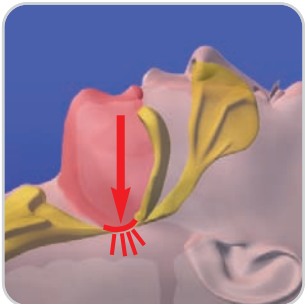
Although OSA sufferers may experience hundreds of episodes of apnea per night, they are unlikely to remember any of them. If, as is often the case due to loud snoring and gasping, the sufferer sleeps separately or lives alone they may not be aware of their condition, even after many years.



Normal
During normal sleep, the muscles that control the tongue and soft palate hold the airway open.



Snoring
When these muscles relax, the airway narrows. This can lead to snoring and breathing difficulties.



Obstructive Sleep Apnea (OSA)
If the muscles relax too much, the airway can collapse and become blocked, causing an obstruction.

The SomnoMed MAS™

The SomnoMed MAS™ is a Mandibular Advancement Splint (MAS) that treats snoring and mild to moderate OSA by moving the lower jaw forward slightly. This forward movement tightens the soft tissues and muscles of the upper airway, which prevents them obstructing the airway while you sleep. The tightening created by the device also prevents the tissues of the upper airway vibrating as air passes over them – the most common cause of loud snoring.

The SomnoMed MAS™ is a custom-made device, consisting of upper and lower dental plates with a unique patented fin-coupling component, which allows normal mouth opening and closing. The device is adjustable, which provides adjustable levels of lower jaw advancement. This improves the effectiveness and comfort level of treatment, as the jaw is moved only as far as is required to alleviate the condition. The SomnoMed MAS™ design has a number of key features that are significant improvements on existing MAS oral appliances. These improvements make the device both more comfortable and provide more effective treatment.

Product comparison

Features & Benefits	SomnoMed MAS™
Permits normal mouth opening	✓
Allows speech & drinking	✓
Full lip-seal	✓
Easily adjustable	✓
Safe & effective	✓
Clinically validated	✓
Custom-fitted	✓



Advantages of MAS devices

In addition to being unobtrusive, MAS treatment is completely reversible. If complications arise, the patient simply stops wearing the device. The device is comfortable and easy to wear, and most people find that it only takes one or two nights to get used to wearing it. Finally, the SomnoMed MAS™ is small enough to fit in the palm of your hand, making it easy to carry when traveling.

Durability

The SomnoMed MAS™ is made from premium grade materials to ensure the durability of the device. SomnoMed backs up its commitment to quality with a warranty that covers the device against all manufacturing defects.

Evidence you can sink your teeth into

The SomnoMed MAS™ is a highly effective solution, for the majority of patients, to the problem of loud snoring and mild to moderate OSA. Its exceptional levels of patient acceptance and compliance, and treatment efficacy are backed by a large body of clinical research.

SomnoMed MAS™:

- Successful treatment of snoring
- Unrivaled patient acceptance and compliance
- Clinically validated for the treatment of snoring
- The number one patient choice in MAS devices



'Improved sleep quality for you and your family