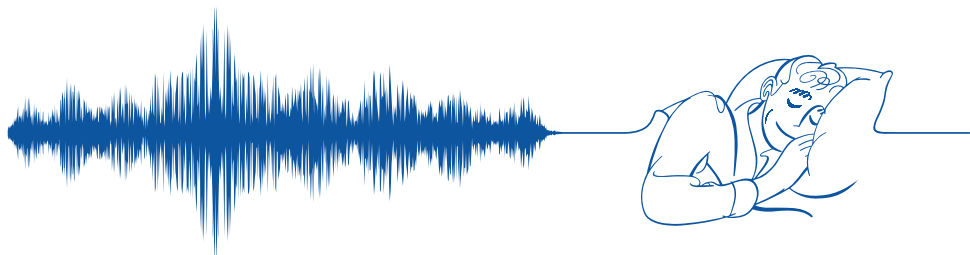


**The moment effective
Obstructive Sleep
Apnea treatment
changes everything.**



 **SomnoMed[®]**

WHAT IS OBSTRUCTIVE SLEEP APNEA (OSA)?

Snoring and sleepiness should not be ignored.

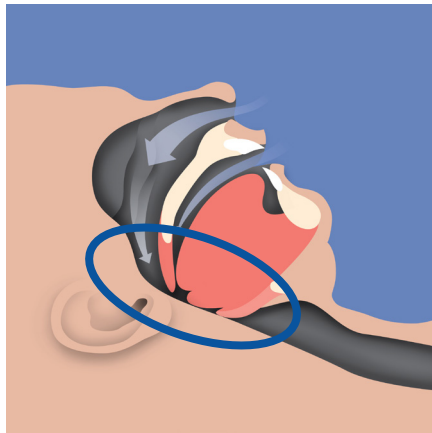
Sleep Apnea afflicts 1 in every 5 people.

Obstructive Sleep Apnea (OSA) is a serious and chronic (lifelong) medical condition that can affect your sleep, health and quality of life.

OSA has been linked to hypertension, diabetes, heart disease, stroke, work and driving related accidents, and placing strain on relationships between bed partners and family members.

Talking to your doctor about your sleep problems is critical.

While we sleep, gravity and muscle relaxation allows the tongue and surrounding soft tissue to fall back into the throat area, collapsing the airway and obstructing the air flow.



OBSTRUCTED AIRWAY

WHAT ARE SYMPTOMS OF OSA?



22 million Americans suffer from OSA¹



9% of men age 30 - 60 have OSA²



4% of women age 30 - 60 have OSA²

In one of the largest sleep apnea studies to date, researchers reported that during the study 193 participants had a stroke.³



85 men of 2,462 men enrolled in the study.

108 women of 2,060 women enrolled in the study.

WHO IS AT RISK?

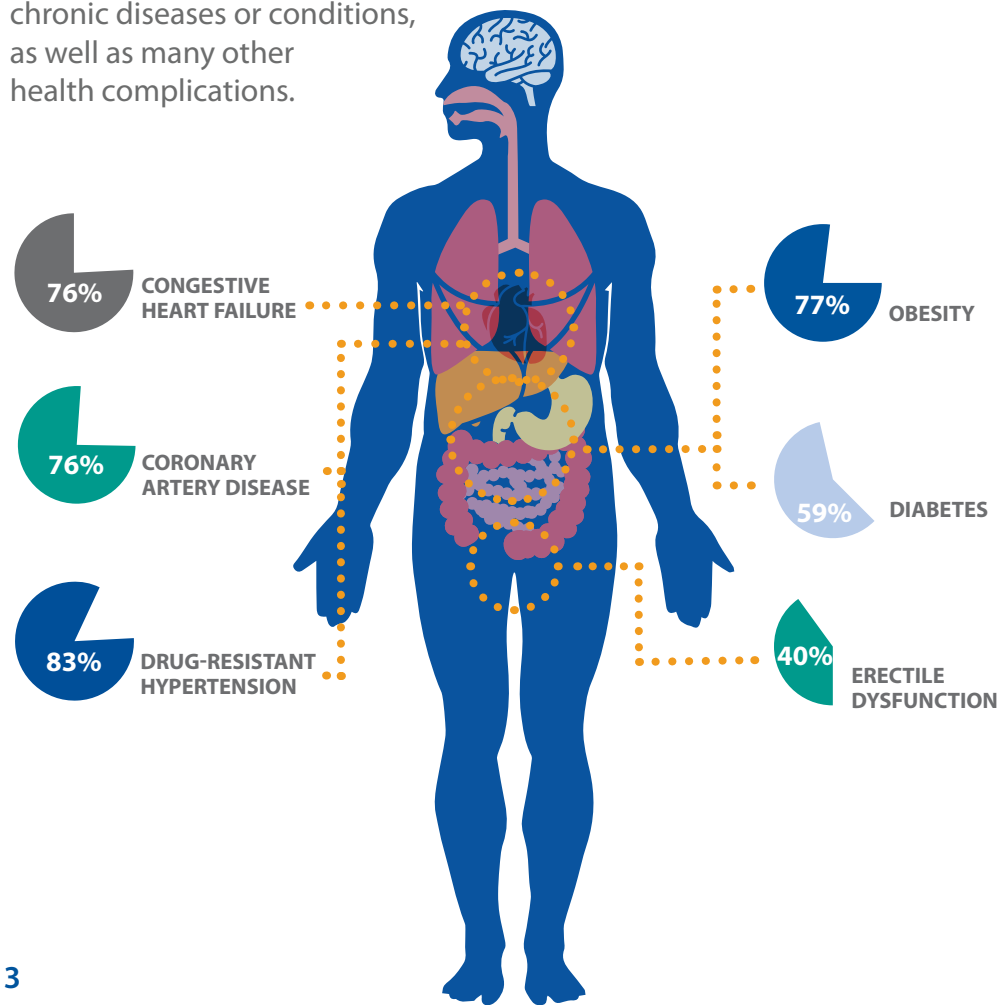
- Waking up with a very sore or dry throat.
- Occasionally waking up with a choking or gasping sensation.
- Sleepiness while driving.
- Recurrent awakenings or insomnia.
- Loud snoring.
- Sleepiness or lack of energy during the day.
- Restless sleep.
- Morning headaches.
- You have diabetes or other health problem.



CONSEQUENCES OF UNTREATED OSA

Obstructive Sleep Apnea (OSA) patients are at higher risk for other serious health complications.

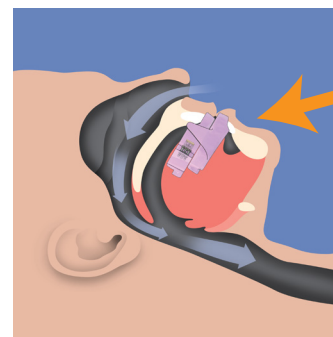
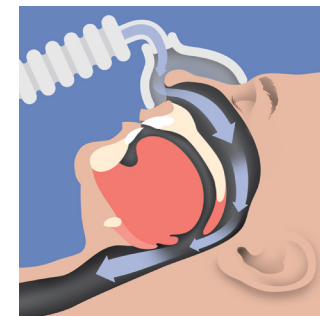
When left untreated, snoring and sleep apnea lead to several significant chronic diseases or conditions, as well as many other health complications.



OSA TREATMENT OPTIONS

CONTINUOUS POSITIVE AIRWAY PRESSURE (CPAP)

CPAP machine supplies pressurized air through a tube and into a mask that is worn over the nose or sometimes the nose and mouth. The increased air pressure prevents the sleeper's airway from collapsing during sleep.



ORAL APPLIANCE THERAPY (OAT)

Worn during sleep, OAT (Oral Appliance Therapy), fits over the upper and lower teeth. SomnoMed® oral devices treat sleep apnea by moving the lower jaw slightly forward. This forward movement keeps the airway open, preventing apneas during sleep.

SOMNOMED ORAL DEVICES PROVIDE:



- A comfortable, custom-fit CPAP alternative*
- Ability to speak and drink while wearing
- Discreet and silent
- 3 year manufacturer warranty



You can talk to your dentist about which of our devices will work best for you, or visit [somnomed.com/find-provider](https://www.somnomed.com/find-provider) for help finding a local provider.

* Intended for the treatment of nighttime snoring and mild to moderate obstructive sleep apnea in patients 18 years of age or older.

JOURNEY FROM POOR SLEEP TO WELL RESTED WITH A SOMNOMED DEVICE.

- 1 EXPLORE YOUR OPTIONS**
Your physician may visit with you prior to your sleep dental visit or as a result of your sleep dental visit. You'll learn about treatment options, including the SomnoMed® Oral Devices. Your dentist will custom fit it for your mouth.¹ SomnoMed® devices move your lower jaw forward to open your obstructed airway, allowing you to breathe better naturally while asleep. 
- 2 SLEEP DENTIST VISIT**
When you have your sleep consultation with your sleep dentist, they will take an impression of your teeth and send the impression to SomnoMed to manufacture your device. 
- 3 YOUR DEVICE FITTING**
After a few weeks, your sleep dentists' office will call you to set an dental sleep medicine appointment so that you may try on your device to ensure it fits well. You'll also receive information on how to insert and remove your SomnoDent device as well as how to clean and care for it yourself. 
- 4 PHYSICIAN VISIT**
Your sleep dentist may refer you back to your sleep physician for a follow-up visit to ensure you are achieving success with your device. 
- 5 WELL RESTED**
Using their SomnoDent devices, people around the world have experienced more energy, feel better, begin dreaming again and enjoy restful, satisfying sleep at night. 





MORE COMFORTABLE

SomnoMed® devices are custom fit by your sleep dentist, just for you and are more comfortable than a standard “As Seen On TV” device. When you’re wearing a SomnoMed® device, you can talk, drink, and close your mouth completely. Your device is discreet and silent, and 90%¹ of people who wear SomnoMed® devices say they are comfortable to wear.

HIGH QUALITY

Your SomnoMed® device is customized using the highest quality acrylic which won’t discolor or attract odors over time. We offer our exclusive soft inner liner for added comfort and quality, and each device has a 3 year warranty protecting it against manufacturing defects.

CLINICALLY PROVEN

SomnoMed® stands by our quality promise by offering you devices that are proven by more than 15 clinical studies², making each device clinically validated and respected in the medical and dental communities. In one of our studies, 9 out of 10 patients reported improvement in sleep quality while wearing their device¹.

INSURANCE COVERAGE

Obstructive Sleep Apnea (OSA) is a medical condition, so medical insurance – not dental insurance – is used to cover the cost of your device. There are even SomnoMed devices created specifically for Medicare, including the SomnoDent® Herbst Advance® and SomnoDent® Herbst Advance Elite™ devices.

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

² Data on file.

THE SOMNOMED® FAMILY OF DEVICES

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



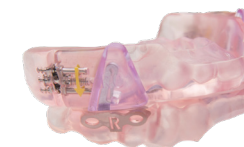
**SomnoDent®
AVANT™**



**SomnoDent® HERBST
ADVANCE ELITE™**



**SomnoDent®
HERBST
ADVANCE®**



**SomnoDent®
FUSION™**



SomnoDent® FLEX®



**SomnoDent®
CLASSIC®**

FIND OUT IF YOU MAY HAVE OSA

Please circle your answers.

Score: YES - 1, NO - 0

SLEEP OBSERVATIONS

- Do you snore loudly? Y / N
- Do you often feel tired or fatigued after sleep? Y / N
- Has anyone noticed you quit breathing during sleep? Y / N

PHYSICAL OBSERVATIONS

- Are you being treated for High Blood Pressure? Y / N
- Are you over 50 years old? Y / N
- Is your BMI over 35?
(BMI = Weight (lb)/Height (in) x Height (in) x 703)
Calculated BMI: _____ Y / N
- Is your neck size over 17 inches for male or 16 inches for female? Y / N
- Are you a male? Y / N

**HIGH RISK OF OSA:
3 YES OR HIGHER**

TOTAL: _____

FREQUENTLY ASKED QUESTIONS



Is it safe?

Yes, SomnoMed® Oral Devices are FDA cleared.

Is it comfortable?

Yes, 9 out of 10 patients surveyed report it as comfortable?

How long will it last?

New SomnoMed® devices have a 3-year warranty but many remain operational long after their warranty expires.

How long will the process take?

Measurements, impressions or scans for your SomnoMed device are part of your initial appointment with your sleep dentist.

What will my out of pocket expense be?

This will depend on your plan coverage. Please confirm coverage with your carrier.

REFERENCES: 1. <https://www.mayoclinic.org/diseases-conditions/obstructive-sleep-apnea/symptoms-causes/syc-20352090> 2. <https://www.webmd.com/sleep-disorders/sleep-apnea/>

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TOGETHER,

we work with your physician and dentist to
create a custom, comfortable device

for you that's so easy to wear, you'll have the opportunity

to get back to sound, restful sleep

faster than you may think.



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