

What are the signs and symptoms of Obstructive Sleep Apnoea (OSA)?

- Excessive daytime sleepiness and fatigue
- Loud snoring
- Pauses in breathing whilst sleeping
- Forgetfulness
- Restless sleep
- Morning headaches
- Waking with a very sore or dry throat
- Choking or gasping during sleep
- High blood pressure

Speak to your dentist about your symptoms. They will advise you on your suitability for an oral appliance to help control your symptoms, or, they may suggest that you ask your GP for an onward referral to a sleep medicine specialist.

The Epworth Sleepiness Scale is a test to measure daytime sleepiness which your dentist or GP can also carry out.



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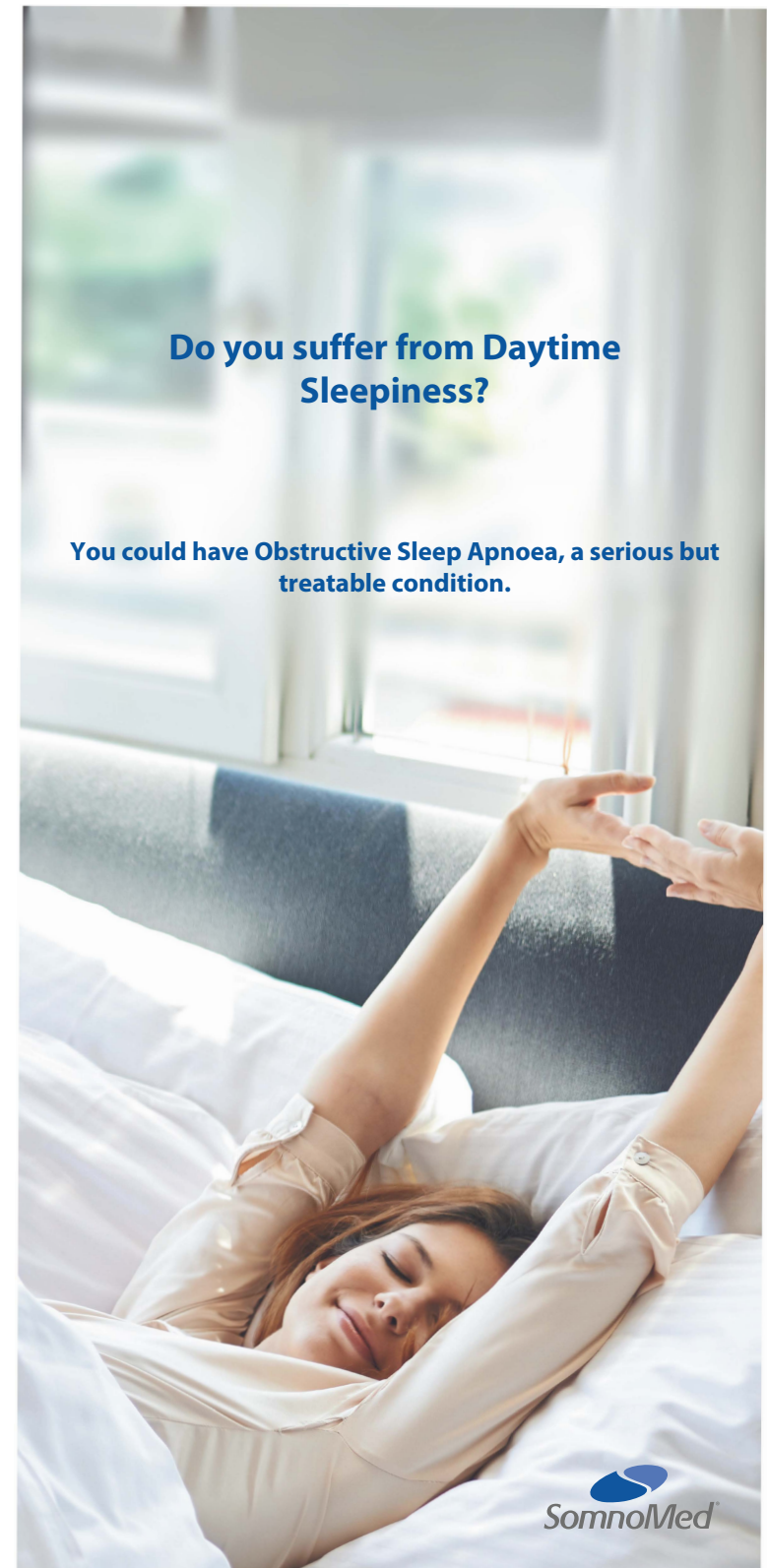
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70EN1-2164A (2024-08-26)



What is Sleep Apnoea?

Sleep apnoea is a common and serious medical condition that can affect your sleep, health and quality of life.

It is a disorder where you repeatedly stop breathing during sleep.

Why Does Sleep Apnoea Happen?

When someone with obstructive sleep apnoea (or OSA) sleeps, gravity and muscle relaxation allows the tongue and surrounding soft tissue to fall back into the throat area. This collapses the airway and obstructs the airflow.

Sleep apnoea shouldn't be accepted as a normal way of life. It may be treated with a comfortable and discreet oral device that is worn during sleep.

Speak with a dentist experienced in dental sleep medicine or tell your GP about your symptoms and ask for referral to a sleep physician.



What are the effects of Sleep Apnoea if left untreated?

Sleep apnoea consequences can be significant. When left untreated, sleep apnoea can lead to several physical issues and diseases, as well as major health complications, including:

- High blood pressure
- Cardiovascular disease
- Stroke
- Obesity
- Diabetes Type 2
- High cholesterol
- Sexual dysfunction
- Lack of daytime alertness

A SomnoDent oral device may be a good solution and is a long term treatment for this chronic medical condition.

How SomnoDent oral devices treat Sleep Apnoea?

Custom-fit by a dentist, SomnoDent® oral devices move the lower jaw slightly forward to keep the airway open, preventing apnoeas.

Worn during sleep, they are a clinically-validated and comfortable alternative to CPAP, that also allows the patient to talk and open/close their mouth whilst wearing.

SomnoDent® oral devices have a 2 year warranty.

If you are diagnosed as having OSA, your dentist will provide you with an oral examination and take a bite registration impression of your teeth so that your SomnoDent device can be custom-made.