

Comparison of the SomnoGuard® oral appliances

Information based on clinical research and experience from customers' feedback (date of information: 15.09.2017)

Feature	SomnoGuard® 3	SomnoGuard® SP Soft	SomnoGuard® AP 2	SomnoGuard® SPX	SomnoGuard® AP Pro
Fabrication	prefabricated	prefabricated	prefabricated	prefabricated	custom-made according to dental impressions
One-piece / two-piece	one-piece	two-piece	two-piece	two-piece	two-piece
Ease of fitting	easy	very easy	easy	medium	fabrication in dental labs only
Repeatability of fitting process	1 to 3	> 3	> 3	1 to 3	revision only possible in dental lab
Adjustment of lower jaw advancement	through biting into the material (approx. 0 to 5 mm)	through connecting straps (stepwise from approx. -3 to +10 mm)	by turning the screw (approx. 0 to 10 mm, infinite adjustability)	through connectors (approx. -3 to +10 mm, infinite adjustability)	by turning the screw (approx. 0 to 10 mm, infinite adjustability)
Vertical bite opening ¹	2 to 3 mm	2 to 3 mm	with normal bite conditions: 5 to 6 mm	2 to 3 mm	with normal bite conditions: 7 to 8 mm
Retention (grip to teeth)	good to fair	good at upper jaw, fair at lower jaw	good	very good	very good
Lateral lower jaw movement	no	slightly	yes	slightly	yes
Mouth opening possible	no	slightly	no	slightly	no
Mouth breathing possible	no	yes	yes	yes	yes
Efficacy ²	good when fitted correctly	very good	very good	very good	very good
Suitable jaw size	every jaw size	small to medium jaw size, retrognathia, deep bite	neutral bite, medium to larger jaw size, bruxism	every jaw size, retrognathia	to be discussed individually with your dentist
Average longevity ³ (subject to normal use)	approx. 6 to 12 months	up to approx. 18 months	up to approx. 18 months	up to approx. 18 months	approx. 3 to 5 years

¹ Vertical bite opening means the distance between the incisors with the device in place. A larger level of bite opening may influence tolerability and comfort using the oral appliance especially if the jaw size is quite small.

² The efficacy is characterised by the reduction of snoring and breathing arrests due to obstructive sleep apnoea to a normal or safe level.

³ Longevity of SomnoGuard® SP connectors, as opposed to that of the trays, may be reduced considerably depending on usage patterns.