

Therapy options for the treatment of

snoring & obstructive sleep apnea



Therapy options

- Mandibular advancement devices
- Nasal dilators
- Supine position preventers

TOMED
medical products

Snoring and obstructive sleep apnea

A portion of the upper airways is primarily comprised of muscles. When the muscles slacken during sleep, the lower jaw and tongue fall back, especially when sleeping on the back. As the airways narrow, air has to be drawn in faster and with higher pressure. This causes a vibration and fluttering of the soft tissue which can lead to snoring.

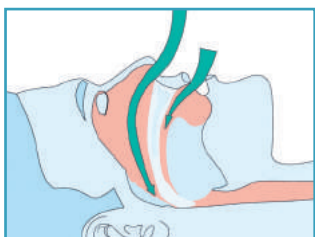
Snoring gets dangerous if breathing stops. Obstructive sleep apnea syndrome (OSAS) exists when the underlying obstruction leads to about 10 or more events of not breathing. The upper airways collapse and the respiratory tract to the lungs is blocked. That causes breathing to stop for a short period of time and the amount of carbon dioxide in the blood to increase. This blocking interrupts the oxygen supply of the body and brain which can lead to further health issues such as daytime sleepiness, headache, high blood pressure and lack of concentration.

Before starting a treatment, a physician should be consulted for an airway evaluation and to diagnose the cause of your snoring.

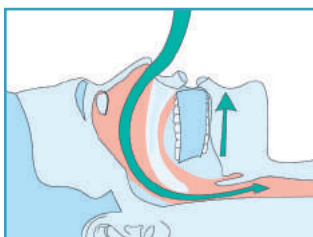


Mandibular advancement devices

Oral appliances achieve a slight advancement of the lower jaw and tongue. They open the respiratory tract and reduce or prevent the soft tissue in the throat from vibrating and fluttering. To treat snoring and mild or moderate sleep apnea we offer **prefabricated** as well as **custom-made** oral appliances.



Tongue and soft tissue narrow the upper airways



With SomnoGuard®: open respiratory tracts

Advantages of SomnoGuard®

- FDA cleared; clinically studied to be proven effective
- Easily stored and portable
- Affordable
- Easy handling and maintenance
- Made in Germany

How to fit prefabricated oral appliances

The prefabricated SomnoGuard® mandibular advancement devices consist of a thermoplastic material that softens when heated in a boiling or hot water bath. During the fitting the material can then be formed according to the teeth (comparable with a dental impression). After the appliance cools down in a cold water bath, the material hardens and maintains its new shape. Depending on the oral appliance, the fitting process only takes about 15 minutes and can be repeated by reheating the appliance.

To achieve an optimal therapeutic result it is recommended that SomnoGuard® is fitted by a physician (e.g., dentist, ENT physician, physician in the sleep laboratory) or their trained medical staff.

SomnoGuard® SPX

Prefabricated oral appliance

What is SomnoGuard® SPX?

SomnoGuard® SPX is our latest development in the field of two-piece prefabricated mandibular advancement devices. After heating the trays in a hot water bath, the thermoplastic material becomes easily moldable. Teeth impressions are formed when biting into the soft material. Two connectors of equal length connect the upper with the lower jaw. The lower jaw advancement can be infinitely adjusted by turning the screws between the connectors with the spanner.

Who is SomnoGuard® SPX suitable for?

For every jaw size, also for those with a retrognathic bite.

Special characteristics of SomnoGuard® SPX

- Thermoplastic material with memory effect
- High wearing comfort thanks to a delicate design
- Width of the trays can be adapted according to the jaw size
- Infinitely adjustable mandibular advancement
- Mouth breathing and mouth opening possible



Heat the trays in hot water for approx. 20 seconds.

Bite into the soft thermoplastic material. It will then be formed according to your teeth.



The appliance now has teeth impressions.

Adjust the mandibular advancement by using the two connectors.



SomnoGuard® SP Soft

Prefabricated oral appliance

What is SomnoGuard® SP Soft?

SomnoGuard® SP Soft is a two-piece prefabricated oral appliance. After heating the two trays in boiling water, the thermoplastic material becomes easily moldable. Teeth impressions are formed when biting into the soft material. Two connecting straps of equal length connect the upper with the lower jaw tray and allow a mandibular advancement of about -3 to +10 mm.

Who is SomnoGuard® SP Soft suitable for?

For those with small to medium jaw size, a retrognathic or deep bite.

Special characteristics of SomnoGuard® SP Soft

- Lower jaw advancement from -3 to approx. +10 mm in 1 mm steps
- Very low bite opening
- No metal components
- Also suited for patients with retrognathic bite
- Mouth breathing and opening possible



Heat the trays in boiling water for approx. 3.5 min. Firmly bite into the soft thermoplastic material. It will then be formed according to your teeth.

The appliance now has deep teeth impressions.

Adjust the mandibular advancement by using the connecting straps.



SomnoGuard® AP 2

Prefabricated oral appliance

What is SomnoGuard® AP 2?

SomnoGuard® AP 2 is a two-piece prefabricated oral appliance and a further development of SomnoGuard® AP. After heating the two trays in boiling water, the thermoplastic material becomes easily moldable. Teeth impressions are formed when biting into the soft material. By turning the front screw made of stainless steel, the lower jaw advancement can be infinitely adjusted from 0 to approx. 10 mm.

Who is SomnoGuard® AP 2 suitable for?

For those with a neutral bite, medium to larger jaw size.

Special characteristics of SomnoGuard® AP 2

- Infinitely adjustable mandibular advancement from 0 to approx. 10 mm
- Lateral movement of the lower jaw
- Mouth breathing possible
- Advantage over SomnoGuard® AP: i.a. higher wearing comfort thanks to less thermoplastic material



Heat the trays in boiling water for approx. 3.5 min. Firmly bite into the soft thermoplastic material. It will then be formed according to your teeth.

The appliance now has deep teeth impressions.

Adjust the mandibular advancement by turning the front screw.



SomnoGuard® 3

Prefabricated oral appliance

What is SomnoGuard® 3?

SomnoGuard® 3 is a one-piece mandibular advancement device in the third generation. After heating the appliance in hot water, the thermoplastic material becomes easily moldable. Teeth impressions are formed when biting into the soft material. The mandibular advancement is set as soon as the teeth firmly bite into the heated thermoplastic material.

Who is SomnoGuard® 3 suitable for?

For any jaw size. A proper nasal breathing and a complete dental status are required.

Special characteristics of SomnoGuard® 3

- Fast fitting process
- Easy handling and maintenance
- No metal components
- Low purchase costs
- Advantage over predecessor models: improved retention



Heat the appliance in hot water for approx. 20 seconds.

Firmly bite into the soft thermoplastic material with a slightly advanced jaw position. The material will then be formed according to your teeth.

The appliance now has deep teeth impressions.



SomnoGuard® AP Pro

Custom-made oral appliance

What is SomnoGuard® AP Pro?

SomnoGuard® AP Pro is a custom-made, infinitely adjustable mandibular advancement device. After the dental impression is taken by your physician, dentist or orthodontist, SomnoGuard® AP Pro is custom-made in a dental laboratory by using a pressure molding technique and our stainless steel components. Like SomnoGuard® AP 2, the mandibular advancement is adjusted by turning the front stainless steel screw.

The stainless steel components used to manufacture the SomnoGuard® AP Pro will only be delivered to dentists and dental laboratories.

Special characteristics of SomnoGuard® AP Pro

- Infinitely adjustable mandibular advancement from 0 to approx. 10 mm
- Very high wearing comfort thanks to its delicate construction
- Lateral movement of the lower jaw
- Mouth breathing possible
- Also suitable for patients with prosthesis and larger tooth gaps
- Made for long-term use



Custom-made in a
dental laboratory

airmax[®]

Nasal dilator

What is Airmax[®]?

Airmax[®] nasal dilator widens the narrowest part of the nasal entrance by softly spreading the nostrils. The improved airflow during inhalation and exhalation optimizes nasal breathing. The mouth is opened less or not at all to breathe. Snoring related to nasal breathing can thus be reduced. Clinical studies have repeatedly proven its effectiveness.

Airmax[®] is made of soft, odorless and medically certified silicon which guarantees that it is comfortable to wear. Usually, the small size is appropriate for women and the medium size for men.

Special characteristics of Airmax[®]

- Reduces snoring caused by nasal breathing
- Improves breathing with nasal congestion
- Use of nasal drops can be reduced
- Secure fit, comfortable to wear and discreet design
- Also available in a clear sports version



Supine position preventers

Sleep laboratory studies have proven that snoring occurs more frequently when sleeping in a supine rather than a lateral position. When in a supine position, the lower jaw and tongue are more likely to fall back. Positioning aids prevent the supine position and encourage to sleep on the side. They can also be a suitable addition for patients that already use other aids such as breathing masks or mandibular advancement devices.

SomnoShirt® (1)

The pocket in the back of the white cotton T-shirt can be filled with either an ultralight foam roller (standard version) or an inflatable air cushion (comfort version).

- Suited for those with normal weight or slight overweight
- Sizes: S, M, L, XL, XXL, XXXL



SomnoBelt® (2)

The padded and length adjustable chest strap is made of nylon and has an integrated, closable zippered pocket that is filled with a high-quality inner pad. The easy-to-use velcro fastener ensures that SomnoBelt® does not shift while sleeping.

- Suited for those with normal weight or slight overweight
- Two sizes: S – M, L – XXXL
- We additionally offer an inflatable air cushion for traveling

Supine position preventers

SomnoCushion® Standard ⁽³⁾ and Comfort ⁽⁴⁾

The backpack cover that is made of solid cotton contains an inflatable air cushion. The individual adjustment of the belt tension in the area of the abdomen and shoulders secure a high level of wearing comfort. The comfort version differs from the standard version by softer, colored straps, quick buckles instead of simple sliding buckles and a chest strap that prevents the backpack from shifting during sleep.

- Suited for those with normal weight or slight overweight
- Space-saving and ideal for traveling



SomnoCushion® Pro ⁽⁵⁾

The backpack cover made of nylon has an integrated high-quality inner pad. The padded and length adjustable abdominal and shoulder belts with velcro fastener ensure a comfortable and secure fit.

- Also suited for severely obese patients
- Two sizes: S – M, L – XXXL
- We additionally offer an inflatable air cushion for traveling



We are happy to advise you

Please feel free to contact us

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