

## Snoring mouth guard that prevents simple snoring

sompnax shield is a thin shield that is inserted into the area between the lips and front teeth (oral vestibule). It inhibits mouth breathing and prevents velar snoring.

- **Comfortable:** thanks to the pleasantly soft material and a reduced-volume design, the mouth guard adapts to your natural jaw position and makes daily use very comfortable.
- **Effective:** sompnax shield effectively inhibits mouth breathing that can trigger vibrations in the area of the soft palate and lead to snoring. With sompnax shield, you'll naturally breathe through your nose all night long.
- **Simple:** the mouth guard has a purposefully simple design that has been reduced to just the essential features. This makes it very easy to use on a daily basis, and makes sompnax shield particularly hygienic and durable.

## How does a mouth guard work?

Snoring noise occurs when the tissue in the upper airways relaxes and becomes limp during sleep. Tissue can become limp at various locations in the mouth and throat area.

If the tissue tension decreases at the soft palate, this can lead to vibrations as a result of the respiratory air flowing past - in this case, the vibration of the soft palate is the cause of the snoring (this is also referred to as velar snoring, or occasionally mouth snoring).



A mouth guard such as somnipax shield is very effective at stopping the respiratory air that flows in and out of the mouth from turning into vibrations.



**How does this happen?** The mouth guard is inserted into the external oral vestibule between the lips and front teeth and sits against the upper jaw (the lower jaw can still move freely). If the mouth opens during sleep, the mouth guard acts as a barrier to prevent breathing through the mouth. Instead, the wearer breathes naturally through their nose.

### Good to know!

In a lot of cases, people unconsciously switch to mouth breathing during sleep because their nasal passages are constricted or blocked. However, the airways in the nose need to be clear in order to use somnipax shield.

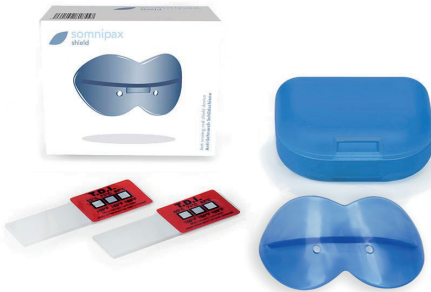
If you're having problems with nasal breathing, you should therefore speak to your doctor before starting therapy with a mouth guard.

## This is somnipax shield



somnipax shield is a mouth guard made of thermoplastic, which is adjusted once before the first use (using a warm water bath).

When the mouth guard is inserted into the oral vestibule, the lips can be fully closed and the device reliably prevents mouth breathing and therefore velar snoring.



### Results of a clinical trial with somnipax shield:

**98%** of users find the mouth guard extremely comfortable to wear.

**78%** of chronic snorers were able to completely eliminate or successfully minimise their snoring using a mouth guard.

**100%** of users managed to successfully adjust the mouth guard themselves without any significant problems.

Trial with 77 chronic snorers: Veres E., 'Clinical trial of an oral vestibular shield for the control of snoring', J Dent Assoc S Afr., 1993, vol. 48, no. 1: 15-7.

<https://pubmed.ncbi.nlm.nih.gov/9511609/>

## Your route to somnipax shield

Your doctor will talk to you to discuss whether the mouth guard is an option for you.

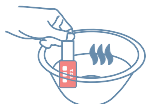
Issues that would prevent the use of a mouth guard include:

- No sufficient anchoring on the upper jaw (e.g. removable full or partial dentures, fewer than 4 of the 6 front teeth securely in place)
- Anterior braces at night
- Severely and permanently impaired nasal breathing
- Acute inflammations or injuries in the mouth or teeth area (temporary restriction only in this case)

somnipax shield is quick and easy to adjust.



The mouth guard is made from thermoplastic. This material is flexible and pliable at body temperature yet remains dimensionally stable. When heated in warm water, it becomes soft and malleable.



Heat the water to the target temperature. Submerge the mouth guard as per the instructions and heat it up.



Place the snoring mouth guard against the upper jaw, press down firmly, close your lips and suck in all the air from the oral cavity. The mouth guard adapts to your teeth and the shape of your oral vestibule and hardens within a few seconds.



The adjustment process can be repeated multiple times as required, until the mouth guard fits perfectly without feeling disruptive in the mouth.

## The benefits of somnipax shield at a glance



### Barely noticeable

The snoring mouth guard is pleasantly soft and flexible; inserted into the oral vestibule between the lips and the front teeth and sits against the upper jaw. The lower jaw and tongue retain freedom of movement and stay in their natural positions.

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### Tested materials - no plasticisers

CE-marked and made from thermoplastics that are approved in the USA (FDA) and the EU for food contact. Material is free from plasticisers such as BPA.

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### Simple

The mouth guard has a purposefully simple design that has been reduced to just the essential features; it's easy to adjust and use, and makes the device hygienic and durable.

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### Discreet

The mouth guard is very light and thin; device is adapted to the teeth. Then barely noticeable from the outside.

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### Immediately ready for use

somnipax shield can be adjusted quickly and easily at the doctor's practice or at home; ready for use immediately after adjustment.

## somnipax shield: the comfortable snoring mouth guard for a peaceful night's sleep



*“The design of the somnipax shield is similar to a boxer's mouth guard - just much smaller and thinner. For anyone who snores due to a vibrating soft palate, the mouth guard is a very comfortable solution that can barely be felt in the mouth”*

### **DR. HANNES WAKONIG**

Managing Director of AescuBrands  
manufacturer of somnipax shield

If you suffer from velar snoring (i.e. snoring only as a result of an open mouth, regardless of your sleeping position), please talk to your doctor about somnipax shield. He or she will work with you to see whether therapy with a mouth guard is suitable for you.

### **Your contact:**

Doctor's seal

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