

# somnipax shirt

Positional therapy shirt for simple snoring and breathing stops at night



Shirt with sewn-in positioning insert for positional obstructive sleep apnoea (POSA) and simple snoring caused by sleeping on the back (tongue snoring).

- **Tailored for you:** available in all standard clothing sizes (S–XXXL) and in women’s and men’s styles for a superior fit. Choose from a hard foam roll or inflatable air cushion insert. Pick the perfect fit for you.
- **Discreet:** classic T-shirt fit with V-neck. Goes perfectly with your usual nightwear. You’ll completely forget you are wearing a medical device.
- **Naturally healthy:** natural materials (GOTS-certified organic cotton guaranteed to be free of harmful substances) help to support wellness. Sleeping on your side feels natural and prevents snoring and breathing stops. You’ll get a better night’s sleep and perform better during the day.

## This is somnipax shirt

With an integrated fabric pocket on the back area.



somnipax shirt is a T-shirt with an integrated fabric pocket on the back. Simply insert either a hard foam roll or an air cushion into this pocket to support correct positioning.

somnipax shirt is used to treat mild to moderate positional sleep apnoea (POSA) and simple positional snoring.



### Special tip – somnipax shirt as an addition to CPAP therapy

Patients with severe sleep apnoea usually need high ventilation pressure during ventilation with CPAP. This can make sleep very uncomfortable. Pressure marks on the face, painfully dry mucous membranes and increased noise from the airflow are common issues.



But it doesn't have to be this way! When you wear a positional therapy shirt alongside your usual CPAP therapy, this encourages you to sleep on your side. This in turn means that the soft tissue at the base of the tongue can no longer press onto your upper airways with its full weight. The reduced pressure from your soft tissue means that less air pressure is required from your CPAP device to reopen collapsed airways.

## Benefits of somnipax shirt at a glance



### Soft material your skin will love

Brushed cotton, gently processed. A shirt for exceptional sleep comfort.

### Materials tested and guaranteed to be free of harmful substances



somnipax shirt is GOTS certified and therefore meets the exacting ecological and social standards of the Global Organic Textile Standard.

Sustainable materials produced using certified-organic methods and in compliance with Fairtrade social standards.

### Your perfect fit



A shirt for every body type. Comes in men's and women's styles. Available in all standard sizes (XS, S, M, L, XL, XXL, XXXL). From petite to very heavy builds.



### Sustainability and cost efficiency in practice

All elements of the somnipax shirt can be replaced. Guaranteed.



### Discreet look

The shirt comes in a classic design that goes perfectly with your usual nightwear.

*"I'm over the moon because I slept better straight away. I can move around freely while I sleep and I wake up feeling rested. That's what matters to me."*

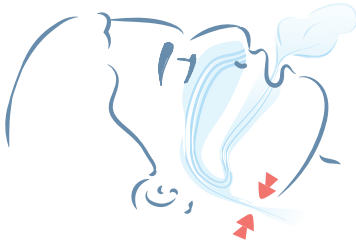
**GALIA P, BAVARIA**



## How does positional sleep therapy work?

Snoring noises and breathing stops at night (“apnoea”) both occur when the soft tissue in the upper airways relaxes and slackens during sleep.

For many people, this relaxation causes the tongue to fall backwards into the throat (when lying on their back), which constricts or even temporarily closes the airways.



Vibrations and airflow turbulence then occur at this narrow point. This is what causes the sound we perceive as snoring. If the airways become completely blocked, this leads to breathing stops.

Positional sleep therapy is very effective in preventing the tongue from falling back into the throat.



**How does it work?** The positional insert in the back of the shirt enables you to sleep on your side or front. In these positions, when the tongue muscle relaxes during sleep, it does not fall backwards into the throat but falls onto the inside of the cheek instead. As a result, your airways remain open. You're free to sleep without any dangerous breathing stops or unwelcome snoring noises.

## How to start your journey with somnipax shirt



Your doctor will discuss with you whether you're a suitable candidate for positional sleep therapy for snoring or sleep apnoea.

### **The following are not conducive to positional therapy:**

- Any severe spinal complaints
- Convalescence following intervertebral disc surgery
- Positional vertigo
- Non-positional obstructive sleep apnoea
- Not to be used by persons under 18 years of age

Your somnipax shirt does not need to be adjusted or configured – it's ready to use immediately. If the somnipax shirt is being used to treat positional obstructive sleep apnoea (POSA), then in addition to looking at the therapy itself, your doctor will also assess whether the treatment is working (sleep endoscopy / polygraphy).

If the somnipax shirt is being used to treat simple positional snoring, you can also monitor the effectiveness of the therapy yourself. For example, you can ask your partner if your snoring has continued or you can use a snoring app on your smartphone to record and assess any sounds during the night.



## Size guide table for males

	A	B	C	D
SNORING T-SHIRT	Shoulder to shoulder	1/2 Chest / 1 sm below armhole	1/2 Bottom width	Total leght from HPS
S	49	49	49	74
M	51	52	52	76
L	53	55	55	78
XL	55	59	59	80.5
XXL	57	63	63	83
XXXL	59	67	67	85.5



## Size guide table for females

	A	B	C	D
SNORING T-SHIRT	Shoulder to shoulder	1/2 Chest / 1 sm below armhole	1/2 Bottom width	Total leght from HPS
XS	37	43	44	64
S	38	45	46	64
M	39	47	48	65
L	40	49	50	66
XL	41	52	53	67
XXL	42.5	55	66	69

## somnipax shirt: Snoring and sleep apnoea. The simplest solution.

*“somnipax shirt stands for “simplicity”. A strikingly simple solution for positional obstructive sleep apnoea and tongue-base snoring. This product is all about comfort and performance”.*



### DR. HANNES WAKONIG

Managing Director of AescuBrands,  
Manufacturer of somnipax shirt

If you are experiencing snoring or breathing stops at night, talk to your doctor about somnipax shirt. They will talk to you to work out whether a positional sleep therapy shirt is right for you.

### Your contact person:

Doctor's stamp

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**Issued by:** escuBrands UG (limited liability),  
Im Gewerbegebiet 5, 91093 Heßdorf, Germany

**Last revised on:** 13/08/2025



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