

somnipax shirt

Positional therapy shirt for simple snoring and interruptions in breathing 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 garment 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 shape with V-neck. Perfect paired up with your usual nightwear. You can forget you are wearing a medical product at all.
- **naturally healthy:** natural materials (GOTS-certified organic cotton guaranteed to be free of harmful substances) support wellness. Sleeping on your side feels natural and prevents snoring and interruptions in breathing. You 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 area. You have the option to push a hard foam roll or an air cushion into this pocket to support 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 outcomes.



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

Benefits of somnipax shirt at a glance



Soft material your skin loves

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 thus 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 well-built.



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 teams perfectly with your usual nightwear.

"I am over the moon because instantly I slept better. I can move around freely while I sleep and I'm waking up rested. That's what matters to me."

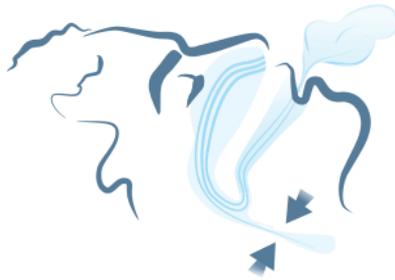
GALIA P., BAVARIA



How does positional sleep therapy work?

Snoring noises and interruptions in breathing at night ("apnoeas") both occur when the soft tissue in the upper airways relaxes and slackens during sleep.

For many of us, this relaxation causes the tongue to fall backwards into the throat (when lying on your back), which narrows or even temporarily closes off the airways



Vibrations and airflow turbulence then occur at this narrowed point. This is what causes the sound of snoring. If the airways become completely closed, interruptions in breathing occur.

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. Now when the tongue muscle relaxes during sleep, it does not fall backwards into the throat but rather onto the inside of the cheek. As a result your airways remain open. You can sleep free from unwelcome snoring and dangerous interruptions in your breathing.

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 used to treat positional obstructive sleep apnoea (POSA), then in addition to the therapy itself your doctor will also assess whether the treatment is working (sleep endoscopy / polygraphy).

If the somnipax shirt is used to treat simple positional snoring, you can also monitor the effectiveness of the therapy yourself. For example, you can ask your sleep companion if the snoring is continuing 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 lenght 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 lenght 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	56	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 AescuBrands,
Manufacturer of somnipax shirt



If you experience snoring or breathing interruptions at night, talk to your doctor about somnipax shirt. They will discuss with you whether a positional sleep therapy shirt is right for you.

Your contact person:

Doctor's stamp

Issued by:

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