

## ANTI-SNORING MOUTHPIECES

# Somnofit®

**A high-quality thermo-adaptable mouthpiece.**

SOMNOFIT includes two oral mouldings (upper and lower) which can be heated and moulded to fit your teeth. A strap connects the mouldings to hold the lower jaw forward. The user then has a product that is fully personalised and can be worn every night.

SOMNOFIT can be adjusted in 6 positions for different levels of effectiveness.



# Somnolis®

**The simple, effective and affordable mouthpiece.**

SOMNOLIS is a slightly visible mouthpiece. No teeth impression is required to use it and it can quickly and discretely be placed in the mouth. SOMNOLIS is affordable and is ideal for your first time using an mouthpiece, for holidays, camping or a short stay in hospital for example.



## HOW DO SOMNOFIT AND SOMNOLIS WORK

During sleep, **SOMNOFIT** and **SOMNOLIS** hold the lower jaw forward by a few millimetres. This advancement clears space around the back of the tongue to allow inhaled air to flow freely. This recognised medical solution is called mandibular advancement. Its effectiveness has been demonstrated in many clinical studies. It stops or considerably reduces snoring and in cases of sleep apnoea, it is a popular alternative to the inconvenience of using a continuous positive airway pressure (CPAP) nasal ventilation mask.



### Snoring



Respiratory passages  
obstructed  
= **snoring and  
apnoea**

### Somnofit / Somnolis



Respiratory  
passages freed  
= **no snoring with  
Somnofit or Somnolis**