

# INSTRUCTIONS FOR USE

## Somnolis® ANTI-SNORING DEVICE

### Principle of functioning, use and settings

Somnolis moves the lower jaw forward a few millimeters in order to release the back of the tongue and free the way of the inspired air. This clinically proved principle eliminates snoring and brings a refreshing sleep (**fig. 1**).

Before sleeping, fold, place Somnolis in your mouth with the adjustment strap on the upper teeth. Cut off the lower guide only if it hurts the gum (**fig. 4**). The material

of Somnolis is conformable to medical and food standards, nevertheless it can have a peculiar taste the first nights of use.

4 adjustment supple straps, numbered from 1 to 4, are supplied. The strap n°1 is the weakest and the strap n°4 is the strongest. If necessary, change the strap according to the following criteria:

- If the traction of the jaw is too strong and uncomfortable or if SOMNOLIS doesn't hold well in mouth, use a strap of an inferior value (for instance 1 instead of 2).
- If snoring doesn't decrease sufficiently, use a strap of a superior value (for instance 3 instead of 2).

### Indications and contra-indications for use

**Somnolis is recommended in the following cases:**

- Snoring.
- Apnoea at certain times: traveling (medical consultation advised).

**Somnolis is not advised where:**

- A removable dental prosthesis is worn
- A partial dental prosthesis is worn without reliable fixation
- There is pain in mandibular articulation
- There is loosening or instability of the teeth.

### Important

In case of a regular and long-lasting use, we recommend the use of a customized device (with a taking of the teeth impression) like SOMNOFIT (to know more about it: [www.somnofit.com](http://www.somnofit.com)).

### Warnings, use of the Somnolis device may cause

- dental sensitiveness after putting of the device on waking ( It disappears after clenching 3 or 4 times your teeth)
- pain forward the ear, vanishing usually after some days of regular use, or becoming worse
- excessive salivation initially but this generally stops when you get more used to the device
- tooth movement or change in dental occlusion (position of each jaw in a closed mouth). If the lower jaw doesn't come back in its original position after taking off Somnolis, stop wearing it.

If any unpleasant side effect persists, stop wearing the appliance and consult your Dentist or Doctor.

### Precautions

For any other problems or concerns regarding the safe and effective use of Somnolis consult your Dentist or Doctor regularly.

If you have doubt on your dental health, consult your Dentist. If you have diurnal tiredness, you may suffer from sleep apnoea. Consult your Doctor for a complete check-up.

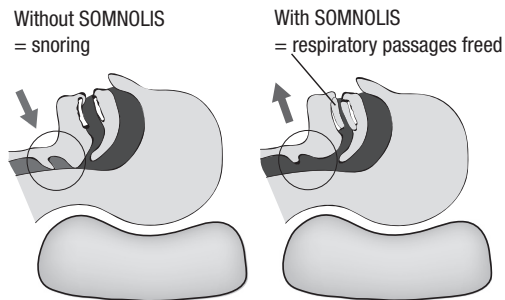
### Maintenance, life, warranty

Every morning, remove your Somnolis device and brush it, rinse it and place it in a container filled with lukewarm water into which you have put a tablet of anti-bacterial scale remover. Leave it the entire day. Just before settling in mouth your Somnolis for the night, throw out the liquid and rinse it well with fresh water.

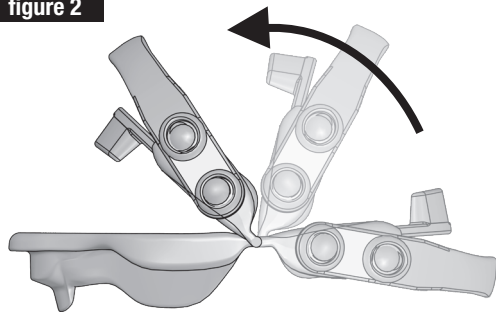
Check the general condition of the appliance regularly. The results regarding the reduction of snoring or apnea cannot be guaranteed either, because they depend upon the user's anatomy. The appliance must be changed if cracks or breaks appear or if the material deteriorates.

**figure 1**

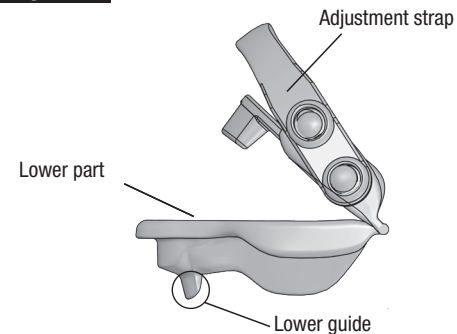
**Figure 1 - Principle of functioning**



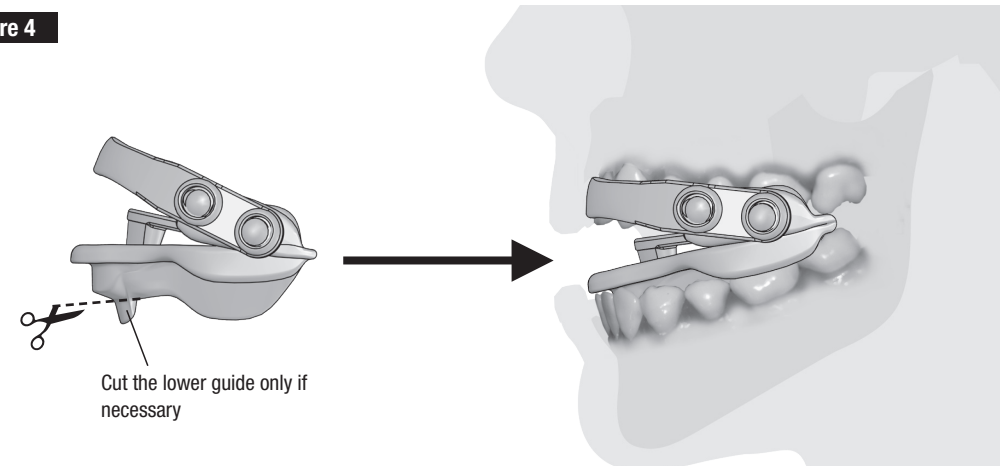
**figure 2**



**figure 3**



**figure 4**



Distributor