

Enjoy a lifetime of good sleep.

World's leading oral device for snoring, sleep apnoea, bruxism, TMJ, and retention



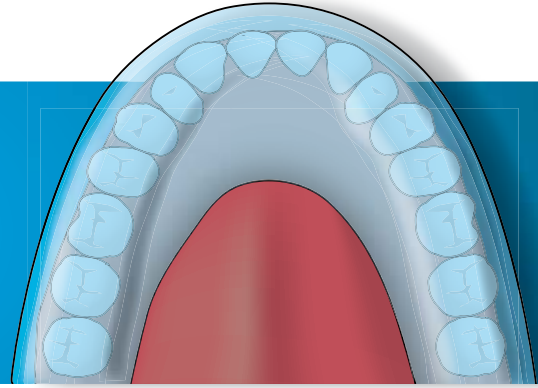
www.somnowell.com

The long term, non-surgical solution designed by experts.

Do you suffer from snoring, sleep apnoea, TMJ, or bruxism? The custom-made Somnowell oral device could be the answer.

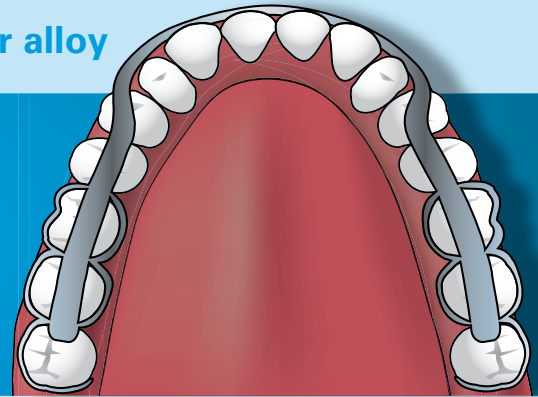
Standard plastic devices

Bulky plastic devices push the tongue back and are uncomfortable



SOMNOWELL made from a medical super alloy

The SOMNOWELL provides free tongue space, for greater comfort

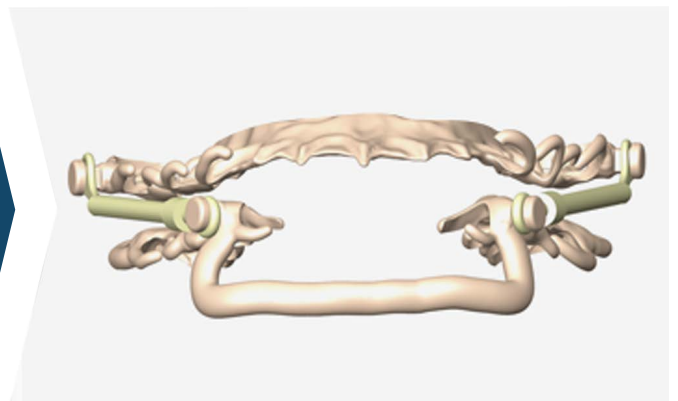


Somnowell at a glance

- The world's leading oral appliance for snoring, sleep apnoea, TMJ, bruxism, and retention
- Tailor-made device, individually designed by a senior consultant and specialists
- Made from ultra-resilient medical super alloy, outperforming all acrylic plastic and thermoplastic devices
- Best for oral hygiene, suitable for long term wear in the mouth
- Thin, small, and discreet, the Somnowell is amazingly comfortable
- Minimal infringement on tongue space and free vertical and lateral jaw movement

Somnowell benefits

- Truly effective lifetime solution, with no recurring costs
- Highest level of medical care and expertise
- Tailor made comfort with minimal interference
- Practical alternative to surgery and other uncomfortable options



The Somnowell is unique in being made from a medical super alloy, which is impervious to bacteria. The Somnowell does not suffer from wear or tear within the oral environment, and will look and feel the same after many years.

The Somnowell takes up very little space in the mouth. It is so comfortable you won't even notice you are wearing it.



What is Snoring?

Snoring is caused by the vibration of soft tissues in the throat and behind the tongue. Studies indicate that at least 30% of adults snore. Snoring can be a major factor in sleep disturbance and the resulting stress, leading to lack of energy, poor concentration, mood swings, and irritability. In the long term, snoring can also lead to high blood pressure and heart problems.

Somnowell for Snoring

The good news is that the overwhelming majority of people suffering from problematic snoring can be effectively treated using a Somnowell. The appliance is such an effective treatment for snoring because it tackles the problem at its root cause. The Somnowell is designed to gently hold the lower jaw and tongue in the 'recovery position' while you sleep, keeping the airway open.

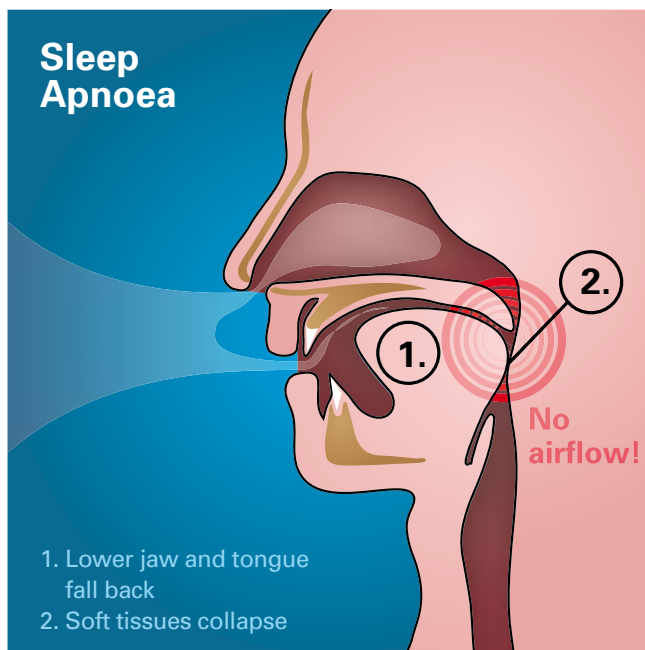
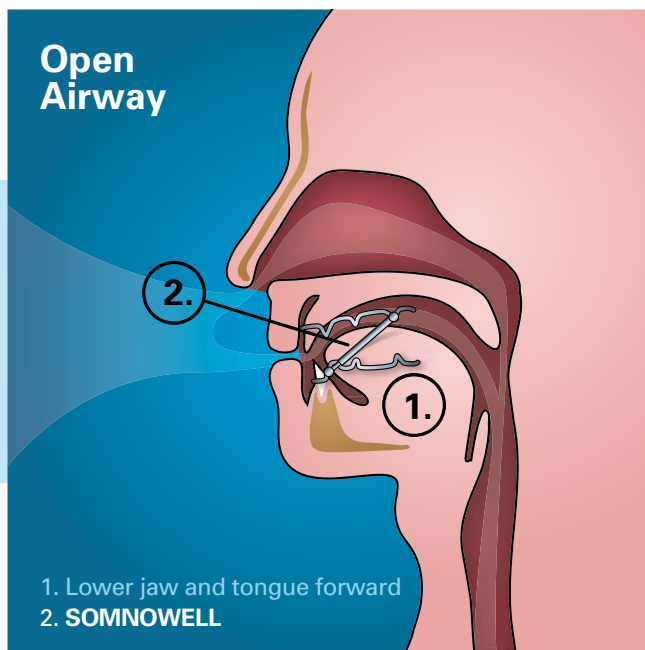
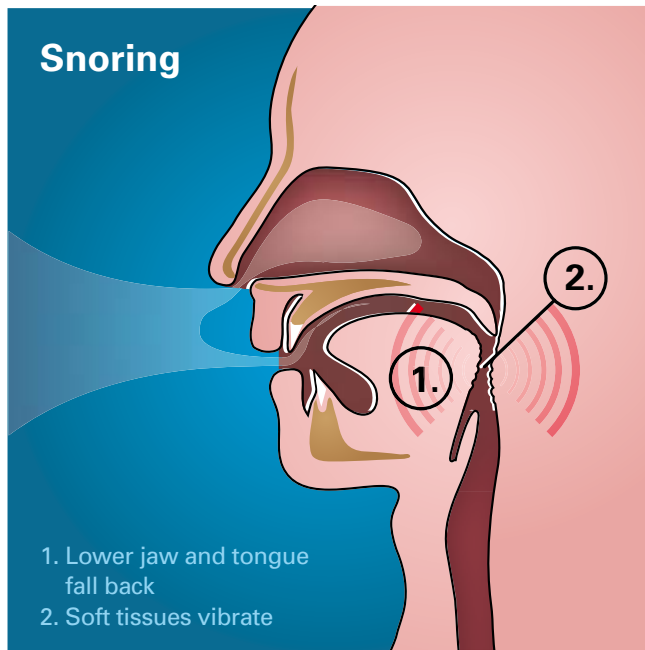


What is Sleep Apnoea?

With Obstructive Sleep Apnoea (OSA) an increase in weight or a reduction in muscle tone can trigger the change from a partially blocked airway (snoring) to a completely blocked airway. It is common for the sufferer to be completely unaware of the disorder, and remain undiagnosed for several years. OSA has been linked to an increased risk of stroke and cardiovascular disease.

Somnowell for Sleep Apnoea

The Somnowell sleeping aid is a very effective long term treatment for obstructive sleep apnoea. The Somnowell ensures an open airway is maintained throughout sleep, and is perfectly designed to meet the unique requirements of each user. A high level of precision goes into the design of the Somnowell, making it an extremely comfortable and effective treatment for sleep apnoea.





Bruxism facts

- Bruxism is the clinical term for teeth grinding
- Bruxism can be both rhythmic (chewing) and sustained (clenching).
- Sufferers of bruxism may develop headaches and jaw pain.

What is Bruxism?

Bruxism is a habit related to chewing, controlled by the subconscious processes active during sleep. It is one of the most common types of sleeping disorder. Grinding teeth in sleep can reduce the amount of rejuvenating deep (REM) sleep obtained. If left untreated, teeth grinding can lead to significant tooth loss and gum recession.

Somnowell for Bruxism

The Somnowell is made from chrome cobalt alloy and is impervious to wear from a medical super alloy. The Somnowell allows the individual to rhythmically move their jaw during sleep without damaging the tooth enamel. The Somnowell provides relief to the jaw joint and facial muscles, and gives the gums and soft tissues a chance to heal and rest.



TMJ facts

- Temporomandibular Joint Disorder affects between 5% and 12% of the population
- TMJ affects the jaw joint - one of the most complex joints in the body
- The jaw joint undergoes constant strain, and is used every time you talk, chew, and swallow

What is TMJ

Temporomandibular Joint Disorder (TMJ) covers a range of conditions affecting the jaw joints and chewing muscles. Symptoms include jaw pain, earache, migraine and difficulty in chewing. Various factors can place a strain on the jaw joint, leading to pain and discomfort. These include excessive nail biting and gum chewing, and misalignment of the teeth due to dental problems.

Somnowell for TMJ

The Somnowell is an unparalleled treatment for TMJ. The creation of each Somnowell involves technologies normally reserved for advanced medical procedures. The appliance places the jaw in its optimum balanced and therapeutic position. The Somnowell holds the lower jaw forward during sleep and discourages clenching and tooth grinding by deprogramming the neuromuscular system.



Retainer facts

- Teeth move throughout life, in response to many different forces
- Biting forces are a contributing factor, as are movements in the face and mouth
- As soon as you stop wearing a retainer your teeth will move

What is a Retainer?

After lengthy and costly orthodontic treatment, or restorative work, teeth retainers are provided to hold the newly adjusted teeth in position. Retainers are worn at night on a regular basis for as long as the wearer wishes to keep the teeth in position.

Somnowell Retainers

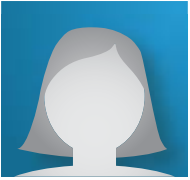
Until now there has been no satisfactory long term solution for retaining teeth after braces. The use of a medical super alloy allows the Somnowell retainers to be very thin and yet extremely strong. They do not suffer from wear or tear within the oral environment and are resistant to bacteria, enabling you to retain your beautiful smile for decades.



Donald, Professor from Oxford, England: "amazingly effective"

"Your Somnowell device is a brilliant invention. I have been wearing it now for three months and it has been amazingly effective. It is preventing me from snoring, which is a great boon for my wife. From the moment I started to wear it she was no longer subjected to the night long deafening foghorn which used to wake her up and disrupt her sleep.

Moreover, it has solved the problem of my sleep apnoea, which was potentially dangerous. I feel as if I breathe better at night, am getting a better quality of sleep, and I wake up in the morning refreshed rather than tired."



Sarah, Administrator from Essex, England: "major improvement"

"A few months have now passed since my Somnowell was supplied and generally I must say there has definitely been a major improvement. My husband now sleeps in the same room and the sound has reduced by 70% to 75%. For us it has been a success and we are happy to talk about the appliances and recommend to those who have a similar problem, although generally it is their partners who are far more interested! Thank you for your years of research and the development of the mandibular advancement appliance, solving a problem which many consider to be the fault of the snorer."



Stephen, Sales Director from Cologne, Germany: "very happy"

"Now it is about 3 months later. I put the Somnowell in a minute before I sleep; there are no side effects. I do not snore, I do not choke, I do not cough, I can talk with the device in, and I can even drink with it in.

I am very happy that I was recommended to contact Mr Simon Ash and obtained the information about the mandibular device as I find it easier and more comfortable to use than the CPAP machine. I now go to sleep much later than I used to, and after about 6-7 hours I am wide awake."



Dr. Simon Ash
BDS, MSc, FDS, MOrth
Inventor of the Somnowell

The Inventor

Dr. Simon Ash works at the forefront of his profession. He is a Senior Consultant and Specialist Orthodontist with over 30 years clinical experience, specializing in sleep related breathing disorders and Jaw and Facial Balance management. He currently works as a Senior Consultant at Whipps Cross University Hospital London in a multidisciplinary team managing snoring and sleep apnoea.

Dr. Ash is a Fellow of the Royal College of Surgeons of England and an accredited Consultant and Fellow at the Royal College of Surgeons of Edinburgh. Furthermore, for many years Dr. Ash served as a Regional and Speciality adviser (North Thames) to the Royal College of Surgeons of England.

The Somnowell lifetime solution



Somnowell's design and production process employs the most exacting standards of measurement and replication. These are then applied by highly trained and experienced specialists, to create your unique Somnowell. Each Somnowell is precision crafted using an extremely durable medical super alloy. The Somnowell does not wear within the oral environment and is resistant to bacteria. The Somnowell is made to exactly fit the anatomy of your teeth and mouth.



Somnowell facts

- 93% report a reduction in snoring
- 80% improvement in obstructive sleep apnoea
- 80% report better quality sleep

Research and Results

The Somnowell sleeping aid has been carefully developed over 15 years, and is now the most advanced device of its type. No other treatment approach gives such careful consideration to each client's unique anatomy and jaw function or offers a truly long term comfortable solution.

This is because each Somnowell is designed to exactly match the unique dimensions of your mouth. The device allows you to freely open and close your mouth, enabling you to drink, take tablets, and talk normally. No other such treatment allows you to do all these things with such ease.

Consultations

Consultations can be booked with carefully selected approved partners in the UK and Ireland. Approved partners are personally trained to ensure that high standards of recording and measurement are applied throughout. Your consultation will last around 30-45 minutes.

During the consultation, we will make an objective assessment on your suitability for treatment using Somnowell. Your welfare is of paramount importance, and it will only be agreed to proceed if we genuinely believe the Somnowell will provide you with the best possible treatment option.

Ask your practitioner about the Somnowell today. www.somnowell.com

Approved Partner

SOMNOWELL Ideas House, Station Estate, London, E18 1BY, United Kingdom / T +44 (0) 20 8123 0432 / F +44 (0) 20 8082 5164 / E info@somnowell.com

Somnowell Ltd. Registered Office: Wiston House, 1 Wiston Avenue, Worthing, West Sussex, BN14 7QL, United Kingdom. Registered in Cardiff UK no. 5276095