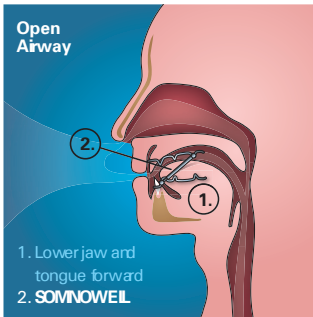
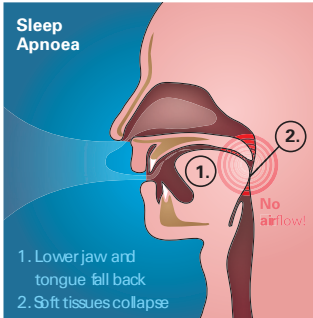
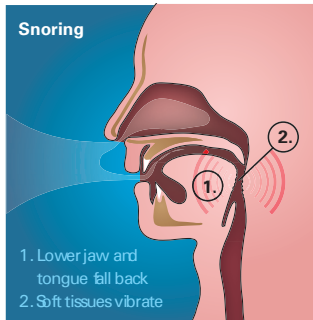


## What is Snoring?

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 is a very effective long term treatment for mild to moderate obstructive sleep apnoea. The Somnowell maintains an open airway 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 extremely comfortable and effective in the multidisciplinary treatment of sleep apnoea.



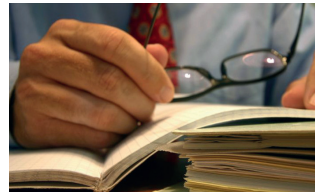
## The Somnowell Lifetime Solution



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 chrome cobalt metal alloy. Chrome cobalt 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 follow up study

- 93% report completely successful treatment
- 83% report improved sleep quality
- 51% report improved energy levels
- 40% report improved concentration

## 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. The Somnowell 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 vetted to ensure that the highest 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](http://www.somnowell.com)

Approved Partner

**SOMNOWELL** 54 Cleveland Road, London, E18 2AL, United Kingdom  
T +44 (0) 20 8123 0432 / F +44 (0) 20 8082 5164 / E [info@somnowell.com](mailto:info@somnowell.com)

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Enjoy a lifetime  
of good sleep.

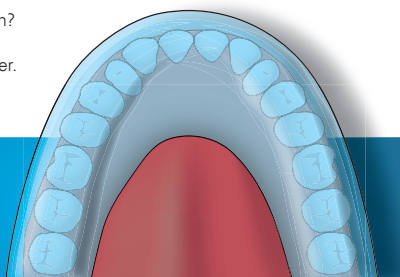
World's leading oral device for snoring,  
sleep apnoea, bruxism, TMJ and retention



[www.somnowell.com](http://www.somnowell.com)

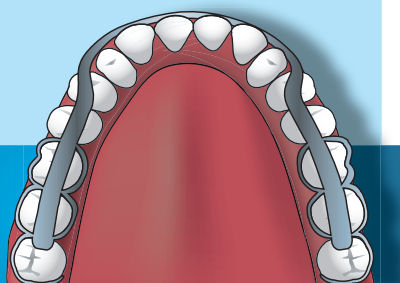
## The long term, non-surgical solution designed by experts.

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

### Chrome SOMNOWELL



**The Chrome Cobalt SOMNOWELL**  
provides free tongue space for greater comfort

#### Somnowell at a glance

- The world's leading oral device for snoring, sleep apnoea, TMJ, bruxism, and retention
- Tailor-made device, individually designed by a senior consultant and specialists
- Best for oral hygiene, suitable for long term wear in the mouth

- Made from ultra-resilient cast chrome cobalt alloy, outperforming all acrylic plastic and thermoplastic devices
- 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 cast chrome cobalt, which is impervious to bacteria. Chrome cobalt does not suffer from wear or tear within the oral environment, so your Somnowell will look and feel the same after decades of use. The Somnowell takes up very little space in the mouth. It is so comfortable you won't even notice you are wearing it.

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#### 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 teeth grinding. 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

- TMJ 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?

Temperomandibular 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 chrome cobalt 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.

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#### 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

#### Dr. Simon Ash

Dr Ash works at the forefront of his profession. He is a Consultant and Specialist Orthodontist with over 30 years clinical experience, specialising in the multidisciplinary management of sleep related breathing disorders and jaw and facial balance treatment. Dr Ash has successfully treated royalty, celebrities, and many medical

professionals. Dr Ash is intimately involved in the design of each Somnowell appliance made for the approved partners. In fact the whole process is directed by Dr Ash who personally checks every patient's records and finalises the design of each Somnowell appliance before it is made.

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