



SWISS
MADE

ANTI-SNORING SOLUTIONS



*Innovation and quality
for your health.*

About us

More than 20 years ago, we established OSCIMED SA to develop, manufacture and distribute high-quality medical devices offering typical Swiss precision. True to our patient-oriented philosophy, we are committed to offering innovative, comfortable, reliable and user-friendly products. Our vocation is based on ongoing research into solutions able to improve the living conditions of patients and users.

Supported by our engineers and extensive network of physicians and experts, we have developed expertise in sleep medicine with snoring-prevention solutions that we export worldwide. Our expertise and reputation in this setting have made us Europe's leading manufacturer of anti-snoring solutions and we continue to strive to offer the best products on the market.

The cornerstones of OSCIMED SA's success are the motivation, versatility and professional dedication of all its employees. We continue to be competitive thanks to our flexibility and the originality of the solutions we offer.



Snoring

The causes and effects on health

What causes snoring?

When we are asleep, the throat muscles relax and the back of the tongue retracts, narrowing the diameter of the windpipe. This results in turbulence that causes the soft palate and pharynx to vibrate, creating the sound we call snoring. Besides the disturbance snoring causes others, it can develop into a more severe obstruction of the airways that prevents proper breathing to varying degrees. This is called sleep apnoea and requires medical attention.

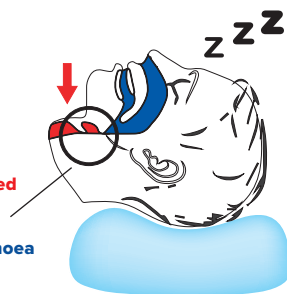
What factors make snoring worse?

- Being overweight.
- Drinking alcohol in the evening.
- Smoking, sleeping pills and tranquillisers.
- Sleeping on your back.
- Being very tired.
- Dry nasal mucous membranes or septum deviation.

What effects does sleep apnoea have on health?

- Tiredness during the day, drowsiness, impaired attention when driving, bad mood.
- Headaches, sluggishness and night sweats.
- Increased cardiovascular risks (high blood pressure, strokes).
- Decreased sex drive.

**Airways obstructed
by the back of
the tongue
= snoring and apnoea**



Three methods for sleeping better and snoring less

1. MOUTHPIECES

1.1. The mandibular advancement principle

Mandibular advancement is a technique used in the treatment of snoring and sleep apnoea. Our **SomnoFit**, **SomnoFit-S**, **SomnoFit-B** and **Somnolis** mouthpieces are designed to bring the lower jaw (mandible) forward a few millimetres when sleeping, in order to keep the airways open and reduce or prevent snoring and episodes of apnoea.

1.2. The effectiveness of mandibular advancement

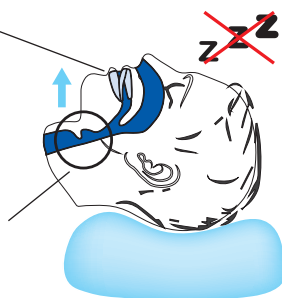
The principle of mandibular advancement has been clinically proven. It reduces or completely eliminates snoring in over 80% of cases. In the case of obstructive sleep apnoea, the average reduction in the apnoea index is approximately 55%, although results vary greatly from one patient to another. It is therefore recommended to monitor its effectiveness by consulting a specialist doctor.

2. POSITION CONTROL THERAPY

Position control therapy is another solution for reducing or preventing snoring and aims to control the position of the body when sleeping. Our **vibrating anti-snoring belt** and **PosiForm positioning pillow** encourage the user to sleep on their side, rather than on their back, and this eventually becomes a habit.

Mandibular advancement mouthpiece

Unobstructed airways
= **no snoring**



When a person sleeps on their back, the tongue and the soft tissues of the throat tend to retract, which increases the risk of airway obstruction and snoring. When a person sleeps on their side, these tissues do not sag into the throat, thereby reducing snoring.

3. NASAL DILATORS

Narrowing of the nasal passages due to an obstruction or congestion problems favours snoring by increasing air resistance during breathing. Our **ClipAir nasal dilator** is designed to keep the nasal passages open while you sleep, in order to improve nose breathing by favouring air-flow.



Somnofit®

Mouthpiece for the treatment
of snoring and sleep apnoea
A proven concept

Thermo-adaptable and flexible ✓

6 advancement settings ✓

Affordable ✓

SomnoFit consists of two oral mouldings (upper and lower) that can be heated and moulded to fit your teeth. A strap connects the mouldings to hold the lower jaw forward. The product is therefore fully customised and can be worn every night.



6 straps of different lengths are provided in order to adjust the mandibular advancement to suit the patient's needs.

Content

Ref. S-02

- An upper oral moulding with 2 front hooks
- A lower oral moulding with 2 back hooks
- Floating thermometer
- Vented storage box
- A set of flexible straps for adjusting mandibular advancement
- Instructions for use

PRINCIPLE OF OPERATION

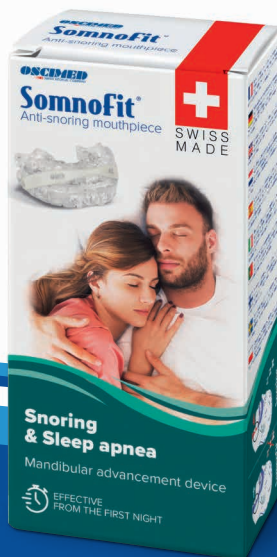
During sleep, SomnoFit holds the lower jaw forward by a few millimetres. This advancement clears space around the back of the tongue to allow inhaled air to flow freely.

Indications

- Snoring
- Moderate sleep apnoea (medical consultation recommended)
- Occasional use for apnoea in specific situations: on holiday, when camping, sailing or travelling (medical consultation recommended)

Contraindications

- Use of mobile dentures or poor-fitting partial dentures
- Mandibular joint pain
- Loose or unstable teeth, upper or lower jaws with fewer than 10 teeth
- Users under 18 years of age



Patented medical device | CE



**OPTIMUM DESIGN
FOR THE BEST
COMFORT**
ADJUSTABLE FOR
WOMEN AND MEN



6 STRAP SIZES
FOR A PERFECT FIT

BIOCOMPATIBLE MATERIAL



- ✓ Thermo-adaptable and flexible
- ✓ 8 advancement settings
- ✓ Optimum volume and comfort
- ✓ Easy to clean

Somnofit®-S

Mouthpiece for the treatment
of snoring and sleep apnoea
For small and medium-sized jaws (S/M/L)

- Patented concept
- Compact
- Optimum comfort
- Easy to clean

SomnoFit-S consists of two oral mouldings (upper and lower) that can be heated and moulded to fit your teeth. A strap connects the mouldings to hold the lower jaw forward. The product is therefore fully customised and can be worn every night.



8 straps of different lengths are provided in order to adjust the mandibular advancement to suit the patient's needs.

Content

Ref. S-03

- An upper oral moulding with 1 front hook
- A lower oral moulding with 2 back hooks
- An impression plate
- Floating thermometer
- Vented storage box
- A set of flexible straps for adjusting mandibular advancement
- Instructions for use

PRINCIPLE OF OPERATION

During sleep, SomnoFit-S holds 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.

Indications

- Snoring
- Mild-to-moderate obstructive sleep apnoea (medical consultation recommended)

Contraindications

- Use of mobile dentures or poor-fitting partial dentures
- Mandibular joint pain
- Loose or unstable teeth, upper or lower jaws with fewer than 10 teeth
- Users under 18 years of age
- Bruxism (clenching or grinding of teeth)



OPTIMUM DESIGN FOR THE BEST COMFORT
ADJUSTABLE FOR WOMEN AND MEN



8 STRAP SIZES FOR A PERFECT FIT

BIOCOMPATIBLE MATERIAL



Patented medical device



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SomnoFit®-B

Mouthpiece for the treatment
of snoring and sleep apnoea
For large jaws (XL/XXL)

SomnoFit-S mouthpiece technology is now available for large jaws, thanks to the SomnoFit-B mouthpiece, which applies the same principle of mandibular advancement and has the same properties.

- Patented concept
- Compact
- Improved comfort
- Easy to clean

SomnoFit-B consists of two oral mouldings (upper and lower) that can be heated and moulded to fit your teeth. A strap connects the mouldings to hold the lower jaw forward. The product is therefore fully customised and can be worn every night.



8 straps of different lengths are provided in order to adjust the mandibular advancement to suit the patient's needs.

- Thermo-adaptable and flexible ✓
- 8 advancement settings ✓
- Optimum volume and comfort ✓
- Easy to clean ✓

Content

Ref. S-05

- An upper oral moulding with 1 front hook
- A lower oral moulding with 2 back hooks
- An impression plate
- Vented storage box
- A set of 8 flexible straps
- Floating thermometer
- Instructions for use

PRINCIPLE OF OPERATION

During sleep, SomnoFit-S holds 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.

Indications

- Snoring
- Mild-to-moderate obstructive sleep apnoea (medical consultation recommended)

Contraindications

- Use of mobile dentures or poor-fitting partial dentures
- Mandibular joint pain
- Loose or unstable teeth, upper or lower jaws with fewer than 10 teeth
- Users under 18 years of age
- Bruxism (clenching or grinding of teeth)



**OPTIMUM DESIGN
FOR THE BEST
COMFORT**
ADJUSTABLE FOR
WOMEN AND MEN

**8 STRAP SIZES
FOR A PERFECT FIT**

BIOCOMPATIBLE MATERIAL



Scan the QR code and watch the tutorial!



Download and print the size guide!

- ✓ No thermo-adaptation required
- ✓ Ideal for holidays

Somnolis®

Anti-snoring oral moulding
Simple, effective and affordable



Somnolis is a barely-visible oral moulding. It does not require dental impressions, is easy to position and comfortable to wear. Somnolis is an affordable solution that is ideal for first-time users of an oral moulding and for use during holidays, camping trips and short hospital stays.

- **Nota bene:** for regular use (every night) and use for extended periods, we recommend choosing a customised mandibular advancement mouthpiece based on dental impressions, such as SomnoFit or SomnoFit-S or SomnoFit-B

PRINCIPLE OF OPERATION

During sleep, Somnolis holds 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.

Indications

- Snoring
- Occasional use for apnoea in specific situations (when travelling), medical consultation required

Content

Ref. SLC-01

- 1 Somnolis anti-snoring oral moulding
- 4 adjusting straps
- Instructions for use

Contraindications

- Use of mobile dentures or poor-fitting partial dentures
- Mandibular joint pain. Loose or unstable teeth, upper or lower jaws with fewer than 10 teeth



Patented medical device



BIOCOMPATIBLE MATERIAL



PosiForm®-Belt

Electronic anti-snoring
and position-related apnoea belt

Your coach for more peaceful and restful nights!

PRINCIPLE OF OPERATION

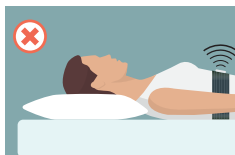
It is well known that sleeping on the back favours snoring and apnoea. PosiForm-Belt is a simple and effective solution. It consists of an electronic smart learning device and a comfortable chest belt. The device vibrates to inform the user when they are sleeping on their back. Having been alerted, they can roll on to their side, putting a stop to the vibrations and the snoring. After just a few nights, the user will naturally sleep on their side.

The flexible anti-perspirant belt is worn around the chest or waist either directly against the skin or over an undergarment. PosiForm-Belt has 2 clips allowing it to be secured without a belt, directly over an undergarment.

The soft and comfortable belt is worn around the chest or the waist, over underwear. It is easy to use and the vibration is adjustable across 7 levels.

HIGH-RISK POSITION FOR SNORING AND APNOEA

PosiForm-Belt detects high-risk positions and a warning vibration informs you that you should roll on to your side.



IDEAL PREVENTIVE POSITION FOR REDUCING SNORING

PosiForm-Belt monitors you and alerts you when you are in a high-risk position.



Indications

Able to provide position control therapy for snoring / apnoea when sleeping on the back. The device starts to vibrate when you turn onto your back (the position in which snoring/apnoea is most likely), alerting you that you should turn onto your side or tummy.

Contraindications

Must not be used by persons with a cardiac stimulator (pacemaker).

EFFECTIVENESS

The PosiForm-Belt reduces effectively positional snoring and sleep apnea thanks to vibrations triggered in the supine position. Its comfortable, discreet, and customizable design allows for simple and non-invasive use every night.

Content

Ref. P-01

- 1 smart anti-snoring electronic belt device
- 1 adjustable belt
- 2 adjustable fixing clips
- 2 AAA batteries
- Instructions for use



Medical device | CE

- ✓ Ideal head position
- ✓ Clinically tested

PosiForm®

Anti-snoring positioning pillow
Effective, noninvasive solution



According to scientific studies, in 55% of cases snoring is caused by an incorrect position. A person is more likely to snore when sleeping on their back than on their side. PosiForm has a unique anti-snoring design that ensures maximum effectiveness.

PRINCIPLE OF OPERATION

The shape of the pillow encourages the user to sleep on their side with their head tilting slightly downwards. In this position, the tongue moves forward under gravity and ensures an unobstructed pharynx and good breathing.

Indications

- Position-related snoring.
- Mild and position-related apnoea, medical authorisation required.

Contraindications

- Joint pain in the neck.
- Very restless sleep with frequent movements.



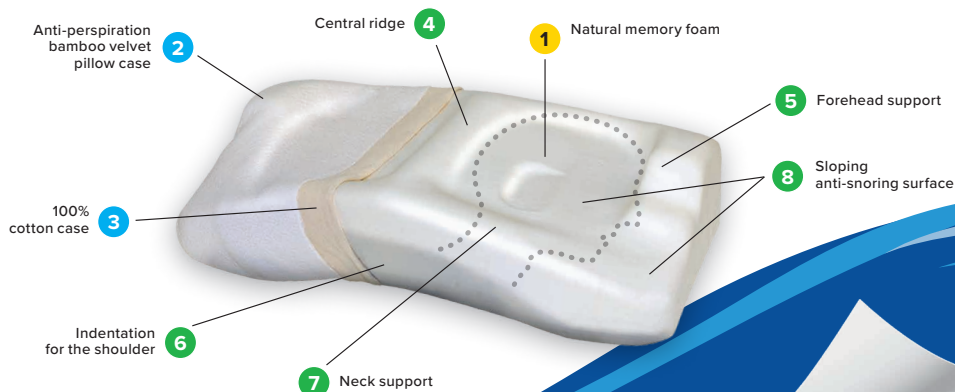
EFFECTIVENESS

Very effective in the case of position-related snoring and stable sleep.

Content

Ref. S-PSF

- 1 memory foam pillow.
- 1 pillow case with cotton interior and bamboo exterior.

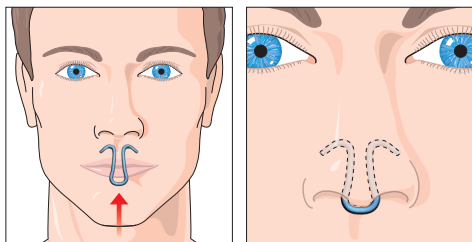


Nasal dilator relieves snoring and nasal congestion

- Discrete and reusable ✓
- Prevents throat dryness ✓
- 3 sizes available ✓

PRINCIPLE OF OPERATION

ClipAir fits easily into the nose. It comfortably holds the nostrils open, even in the presence of strong inhalation.



Indications

- Snoring
- Nose breathing problems
- Narrow nose or nasal valve
- In combination with a CPAP mask, to improve the passage of pressurised air
- Sport



Contraindications

- Scars or irritation inside the nose

EFFECTIVENESS

The effectiveness of the nasal dilator has been proven by clinical sleep studies to have the following effects:

- Reduce breathing effort (*)
- Reduce heart rate in people suffering from apnoea (*)
- Restore a feeling of restful sleep in users (*) and (**)
- Reduce snoring in more than 50% of users (**)
- Reduce throat dryness (**)

In sports, the nasal dilator has been clinically proven (J. Griffin, Laryngoscope, 1997) to:

- Reduce heart rate
- Reduce the perception of exertion
- Reduce the airflow required for the exertion

Content

Ref. S-CLIP-S, S-CLIP-M or S-CLIP-L

- 1 S, M, or L clip
- 1 storage box

Ref. S-CLIP-3

- 1 set of 3 clips in S, M and L sizes

(*) See the study by P. Kerr et al. *Journal of Otolaryngology* 21:3, 1992

(**) See the study by Jan Ulfberg, 1997



- ✓ Thermo-adaptable and flexible
- ✓ Affordable

SanaBrux®

Dental protection against erosion caused by bruxism
The solution for grinding

The solution against bruxism

Bruxism is a condition in which individuals clench or grind their teeth, often when asleep, causing jaw pain, headaches and dental problems. Our **SanaBrux dental splint** is an effective solution for protecting teeth against the effects of bruxism. Manufactured in Switzerland, it is thermo-adaptable, flexible and comfortable and designed to prevent tooth erosion. This solution is suitable for adults, except those with severe periodontal problems or missing teeth.

Contents

Ref. S-SBRX

- Flexible thermo-adaptable dental splint for the upper jaw
- An impression plate
- Floating thermometer
- Vented storage box
- Instructions for use



PRINCIPLE OF OPERATION

Flexible thermo-adaptable dental splint. Protects teeth against erosion due to bruxism, grinding and clenching of the teeth.

Indications

- Protects teeth against erosion due to bruxism, grinding and clenching of the teeth.

Contraindications

- Severe periodontal conditions
- Fewer than 8 teeth in the upper arch
- If your teeth are unstable, fragile or brittle, ask your dentist for advice
- Users under 18 years of age

Patented medical device



BIOCOMPATIBLE MATERIAL



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How to choose your anti-snoring solution?

Each snorer needs to find the solution that suits them best. Although mandibular advancement mouthpieces are considered highly effective, several factors come into play. The main ones are: the user's tolerance of the various oral, nasal and position-control devices, the quality of their dentition, the

type of snoring - with or without apnoea or position-related - and the quality of their nose breathing. We also recommend making combined use of nasal and throat products, for example ClipAir and SomnoFit or Somnolis or PosiForm.



	SomnoFit/-S/-B oral moulding	Somnolis oral moulding	PosiForm pillow	ClipAir nasal dilator	Anti-snoring belt
Snoring	★ ★ ★	★ ★ ★	★ ★	★ ★	★ ★
Non-position-related apnoea	★ ★ ★	★	—	★	—
Position-related snoring or apnoea	★ ★	★ ★	★ ★ ★	★	★ ★ ★
Snoring with unstable teeth or intolerance to oral mouldings	<i>Contraindicated</i>	<i>Contraindicated</i>	★ ★ ★	★ ★ ★	★ ★ ★
Nose breathing problems	—	—	—	★ ★ ★	—



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