

# Comparison of the SomnoGuard® series of oral appliances

(with information based on clinical research and experience from customers' feedback)

Feature	SomnoGuard (prefabricated)	SomnoGuard AP (prefabricated)	SomnoGuard SP Hard (prefabricated) <i>New!</i>	SomnoGuard SP Soft (prefabricated) <i>New!</i>	SomnoGuard AP Pro (custom-made)
Efficacy <sup>1</sup>	good (when fitted correctly)	even better than SomnoGuard	pres. comparable to SomnoGuard AP	pres. comparable to SomnoGuard AP	comparable to SomnoGuard AP
Tolerability	good	good	good	good	good
Ease of fitting <sup>2</sup>	relatively easy	very easy	medium (fitting by medical specialists only)	very easy	Fabrication by dental labs
Refits possible	1 - 3	> 5	> 5	> 5	By dental labs only
Nose breathing required	yes	no	yes	yes	no
Lateral lower jaw movement possible	no	yes	slightly	slightly	yes
Mouth breathing possible	no	yes	yes with restrictions	yes with restrictions	yes
Retention <sup>3</sup> (grip to teeth)	fair	good	very good	good at upper jaw, fair at lower jaw	very good
Lower jaw advancement adjustable	0 - 5 mm	0 to 10 mm, infinite adjustability	stepwise from -3 to +10 mm	stepwise from -3 to +10 mm	0 to 12 mm, infinite adjustability
Average longevity <sup>4</sup> (subject to normal use)	1 Jahr	≥ 18 months	vor. > 18 months	≥ 18 months	≥ 18 months
Vertical bite opening <sup>5</sup>	2 to 3 mm	7 to 8 mm, normal bite conditions	2 to 3 mm	2 to 3 mm	7 to 8 mm, normal bite conditions

*Comments: 1) Efficacy is what counts predominantly. Efficacy is characterised by reduction of snoring and breathing arrests due to obstructive sleep apnoea to a no more dangerous level. 2) Fitting quality determines treatment outcome. Even inexperienced people can obtain good fitting results with the 2-part SomnoGuard AP or the SomnoGuard SP Soft, fitting of the 1-part SomnoGuard is more difficult, and fitting quality depends more on experience. Due to its extraordinary retention SomnoGuard SP Hard should only be fitted by experienced medical specialists. 3) If necessary mouth breathers can use a chin-up strip to keep the mouth closed when sleeping. 4) Longevity of SomnoGuard SP's connectors contrary to that of the trays may be reduced considerably depending on usage patterns. 5) Vertical bite opening means the distance between the incisors with the device in place. A larger level of bite opening may influence tolerability and comfort of using the oral appliance especially if the jaw size is quite small.*