

Benefits of somnipax belt at a glance



You barely know it's there

The soft strap is so kind to skin, you'll forget you're wearing it. Sleep with maximum freedom of movement.



Materials tested and guaranteed to be free of harmful substances

somnipax belt is manufactured in Switzerland under rigorous conditions. All component materials are biocompatible and toxin-free.



Discreet

You'll barely notice the slimline belt and match-box-sized control box. With nightwear on over the belt, no-one else need ever know they're there.



Sustainability and cost efficiency in practice

All elements of the somnipax belt can be replaced. Guaranteed.



Ready to use

You can start using the belt straight away. Switch on. Nod off. Breathe easy.

"The vibration takes some getting used to at first. But after that it works like a charm. Especially as you begin lying the 'correct' way naturally."

**JOHANNES B.,
NORTH RHINE-WESTPHALIA**



somnipax belt: a modern therapeutic approach to positional obstructive sleep apnoea and snoring



"The belt is a completely new approach to treating positional sleep apnoea and positional snoring. For the developers, it was important for the product to not just work effectively, but also for it to be really comfortable for patients."

DR. HANNES WAKONIG

Managing Director AescuBrands,
Manufacturer of somnipax belt

If you experience snoring or interruptions in your breathing at nighttime, talk to your doctor about somnipax belt. They will assess with you whether electronic positional sleep therapy is right for you.

This will help you find the right size:

Size	Chest circumference [cm] Waist (cm)
S/M/L	70-100
XL/XXL	100-125

Your contact person:

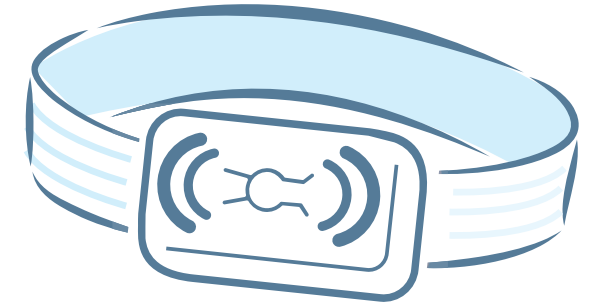
Doctor's stamp

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somnipax belt

Electronic positional sleep therapy trainer



Positional sleep therapy trainer to combat everyday snoring and interruptions in breathing while you sleep.

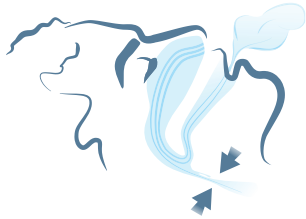
Electronic positional sleep trainer for use with positional obstructive sleep apnoea (POSA) as well as for simple snoring caused by sleeping on the back (tongue snoring).

- **sustainable:** the sleep training changes how you sleep over time – you sleep less and less on your back and naturally turn onto your side; over time, you sleep without snoring or sleep apnoea.
- **gentle:** light vibrations signal when you're sleeping in an incorrect position. You have to reposition yourself to return to rest.
- **comfortable:** a lightweight belt in breathable material with a small control box. A medical device you hardly notice, offering maximum freedom of movement while you sleep.

How does an electronic positional sleep therapy trainer (positional therapy with behavioural modification) work?

Snoring noises and interruptions in breathing at night ("apnoeas") both occur when the soft tissue in the upper airways relaxes and slackens during sleep.

For many of us, this relaxation causes the tongue to fall backwards into the throat (when lying on your back), which narrows or even temporarily closes off the airways.



Vibrations and airflow turbulence then occur at this narrowed point. This is what causes the sound of snoring. If the airways become completely closed, interruptions in breathing occur.

An electronic positional sleep therapy trainer is very effective in preventing the tongue from falling back into the throat.



How does it work? The electronic positional sleep therapy trainer registers when you are sleeping on your back and triggers a vibrational signal. The signal continues until you have turned back onto your side or front. In most cases, you won't be consciously aware of the vibration and it won't wake you up. When you sleep on your side, the tongue muscle does not fall back into the throat but instead to the side on the inside of the cheek. As a result your airways remain open. You're free to sleep without any dangerous interruptions in breathing or unwelcome snoring sounds.

This is somnipax belt



somnipax belt is an electronically controlled positional monitoring device inserted into an elastic chest strap.

somnipax belt is used to treat mild to moderate positional sleep apnoea (POSA) and simple positional snoring.



Special tip – somnipax belt as an addition to CPAP therapy

Patients with severe sleep apnoea usually need high ventilation pressure during ventilation with CPAP. This can make sleeping very uncomfortable. Pressure marks on the face, painfully dry mucous membranes and increased noise from the airflow are common outcomes.



But it doesn't have to be this way! When you wear a positional therapy belt alongside your CPAP therapy, this encourages you to sleep on your side. This in turn means the soft tissue at the base of the tongue can no longer press with its full weight on your upper airways. Reduced pressure from your soft tissue means less air pressure required from your CPAP machine to reopen collapsed airways.

How to start your journey with somnipax belt



Your doctor will discuss with you whether you're a suitable candidate for electronic positional trainer therapy.

The following conditions are not conducive to therapy with an electronic positional sleep trainer:

- Wearing a pacemaker
- Any severe spinal complaints
- Convalescence following intervertebral disc surgery
- Positional vertigo
- Non-positional obstructive sleep apnoea
- Latex allergy
- Not to be used by persons under 18 years of age

Your somnipax belt does not need to be adjusted or configured – it's ready to use immediately. If the positional sleep trainer is used to treat positional obstructive sleep apnoea (POSA), then in addition to the therapy itself your doctor will also assess whether the treatment is working (sleep endoscopy/polygraphy).

If the positional sleep trainer is used to treat simple positional snoring, you can also monitor the effectiveness of the therapy yourself. For example, you can ask your sleep companion if the snoring has continued or you can use a snoring app on your smartphone to record and assess any sounds during the night.