

Somnowell Anti-Snoring Device Patient Leaflet

The Somnowell is a made to measure chrome-cobalt metal oral device designed to combat snoring and sleep apnoea. The Somnowell is a lifetime solution to snoring and the most slim-line, comfortable, and hygienic device available.

Matthew Houlton of Manor House Dental Practice is the Platinum provider of the Somnowell appliance for the Yorkshire and Humberside area, meaning the most highly recommended Somnowell Practitioner in the region.

Why do people snore?

The airway between the mouth/nose and the lungs can be considered as a tube. As the air passes over the soft tissues, these vibrate and cause snoring. Obstruction or constriction of the airway gives rise to obstructive sleep apnoea (a more serious condition). These conditions are chronic, may worsen with age, weight gain, muscle-relaxing medication, and are lifelong.

How does the Somnowell work?

The Somnowell is a Mandibular Advancement Appliance (MAA) which are custom made dental appliances that are worn during sleep. The Somnowell is inserted in the mouth just before sleeping and works by holding the lower jaw forward. As the jaw comes forward it draws the tongue forward and stretches the muscles and soft tissues below the jaw. This jaw and tongue advancement places the patient in the "recovery position" and gives a widened airway at the back of the throat. It is almost impossible to snore: Try making yourself snore with your lips together and the/jaw held forward. The treatment is non-invasive, reversible, and delivered as an outpatient. No surgery is involved.

What does Somnowell look like when it is worn?

The Somnowell is hidden within the mouth, resting on the teeth. In the lower jaw, the left and right sides are connected by a bar running inside the lower lip, leaving space for the tongue to come forward. The upper appliance rests on the teeth with a thin plate resting on the palate.

How does Somnowell feel when it is worn?

Some other appliances are one piece, but the Somnowell is in two parts, making it far more comfortable to wear as it allows jaw movement. The two part appliances work as a pair and must be worn together. The Somnowell will feel tight against the teeth at the start. It takes 2 – 3 nights of consistent wear to get used to the appliance. In the morning the teeth may feel a little different to begin with and the jaw joints may also feel stretched. Occasionally the bite will feel altered but usually settles within minutes of the appliance removal. It does not feel invasive as it does not constrict the tongue space, unlike most plastic appliances.

What do I need to do before I get Somnowell?

Have a check- up with your dentist before treatment starts and continue regular maintenance once the Somnowell is fitted. It is important to look after your teeth as these support the Somnowell. Always take your Somnowell device to any dental visit.

How quickly does Somnowell work?

Usually a change will be noticed as soon as Somnowell is worn. In some patients a gradual jaw advancement or slight altering of the jaw balance is required.

What is the success rate?

The Somnowell success rate is currently 96% compared to around 90% for other MAAs. Success is more likely if accompanied by other measures e.g. weight loss and regular exercise. The most common reason for MAAs to fail is that patients find them uncomfortable and bulky, so do not wear them. Somnowell has almost completely solved this problem.

Where do I get Somnowell and how much does it cost?

Matthew Houlton of Manor House Dental Practice is a certified provider of the appliance (contact details below). Initial assessment for suitability is FREE. The Somnowell costs from £1250. It carries a 5 year guarantee on parts.

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Recommended by



A comparison of the Somnowell appliance with plastic MAAs and CPAP machine.

Many people have tried an over the counter appliance, or have been provided with a plastic mandibular advancement appliance by their sleep clinic. You may have tried a CPAP machine provided by your local hospital, but many people cannot tolerate these devices.

Problem with plastic MAAs

Although plastic appliances may be suitable for some patients, the literature and other colleagues in the field who have tried the plastic and thermo plastic jaw repositioning appliances have found these to be unsatisfactory, as the compliance can be poor, they occupy tongue space, patients complain of a dry mouth, TMJ discomfort, tooth movements, inability to clean these and general discomfort. Also as a dentist I have grave concerns about patients wearing an unsupervised plastic functional appliance especially where these devices are obtained over the counter.

Comparison Table					
	SOMNOWELL	CPAP	Surgery	Over-the-Counter Plastic Oral Devices	Mid-Range Plastic Oral Devices
Effectiveness					
Medical Supervision	Yes	Yes	Yes	No	Yes
Adjustable	Yes	n/a	n/a	Sometimes	Sometimes
Comfortable to use	Very comfortable	Many people cannot tolerate	Can be painful	Often not comfortable	Often not comfortable
Hardly noticeable	Yes	Bulky	Yes	Bulky devices are noticeable	Bulky devices are noticeable
Can talk and drink	Yes	n/a	n/a	Sometimes	Sometimes
Durability					
Lifespan	10+ years	n/a	n/a - often the effects wear off	6 months	12-18 months
Regular Replacement	No	No - parts need regular replacement	No	Yes	Yes
Quickly degrades	No	n/a	n/a	Yes	Yes
Hygienic					
Becomes unsightly and smelly	No	No - requires intensive cleaning	n/a	Yes - becomes unsightly and smelly over time	Yes - becomes unsightly and smelly over time
Easy to clean	Yes	n/a	n/a	No	No
Price Guide	£££	££££ if private	££££ if private	£	££

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