

# SOMNICS

*Sleep well. Wherever you are.*

# iBreath

Enhance Natural Airway Patency



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Ergo-Fitting Irritation-Free Re-usable

# SOMNICS



Oral Interface



Storage Box

## Discover if you're a mouth breather!

If you find that your mouth tends to open slightly and your tongue doesn't touch the roof of your mouth while your face is at ease, it may be an indication of mouth breathing.



Right position



Tongue collapsed

## Adverse Impacts of Mouth Breathing!

### 1. Impaired Air Filtration

In the absence of nasal mucosa filtration, airborne dirt and impurities can easily enter and be absorbed into the respiratory tract.

### 2. Dry Mouth

Mouth breathing can cause dryness in the mouth and throat, resulting in inadequate saliva production. This can potentially harm the oral mucosa and lead to an increase in oral inflammation.

### 3. Sleep Apnea Risk

Breathing through your mouth at night can potentially result in airway obstruction and an increased risk of sleep apnea.

### 4. Tooth Decay

Mouth breathing can lead to a reduction in saliva production, causing acidic erosion of teeth and increasing the risk of tooth decay and tooth-borne infections.

### 5. Facial Appearance

Long-term mouth breathing can have a negative impact on the facial aesthetics, particularly the side profile.



Nasal Breathing

V.S.



Mouth Breathing

- Crooked nose
- Opened mouth
- Receding chin
- Forward head posture

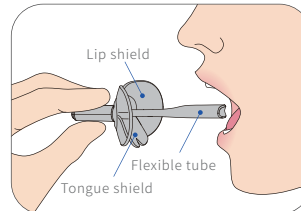
iBreathe is designed to prevent mouth breathing.

To use iBreathe, simply place it in your mouth and swallow it to create a **"self-suction"** effect. The oral negative pressure generated by iBreathe helps slightly fixate the tongue in the upper jaw. Regular use of iBreathe will assist in developing the correct and natural method of nasal breathing, offering the following benefits: **(1) Breathe in Clean Air. (2) Maintain Optimal Oral Hydration. (3) Enjoy Better Sleep with Easy Breathing. (4) Safeguard Your Smile. (5) Enhance Your Facial Appearance.**

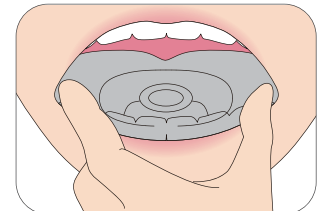
### Notice

iBreathe is a **healthcare product, not a medical device.** If you need to improve obstructive sleep apnea or snoring, please refer to **iNAP Sleep Therapy System.**

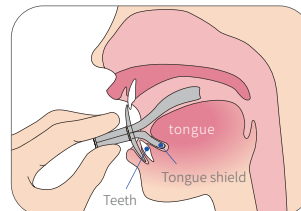
## How to Use iBreathe



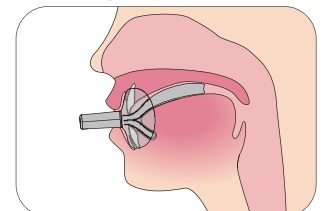
**1** Place iNAP Oral Interface into mouth.



**3** Make sure the lip shield is located between the teeth and lips.



**2** Keep the lip shield and flexible tube in mouth, then put the tongue on the tongue shield.



**4** Close your mouth and get ready to start therapy.