



# Airsonett® Air4

## Patient information

Effective treatment of  
uncontrolled allergic asthma

Airsonett®  
A Breath of New Life

# Airsonett<sup>®</sup> Air4

With Airsonett Air4, you can treat your asthma at home while you sleep. The treatment has no medical side effects and complements your regular medical treatment.

Extensive clinical studies have proven that treatment with Airsonett Air4:<sup>1,2,3</sup>

- > keeps your asthma symptoms under control
- > improves your sleep
- > reduces the number of asthma attacks
- > improves your quality of life



## Airsonett Air4 facts

---

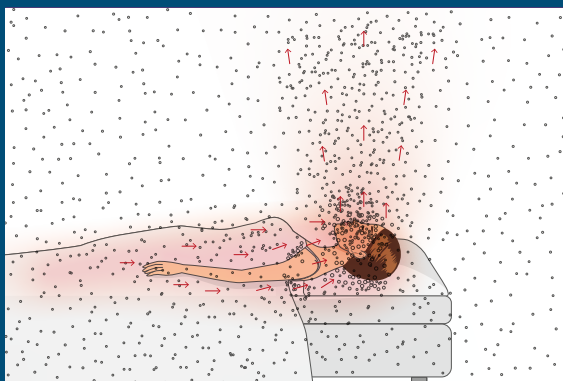
You can adjust the height of the Airsonett Air4 so that it fits your bed and sleeping position. The machine is very quiet. You only hear a low humming sound, which some users find comforting. The particle-free air coming out of the machine is slightly cool and does not dry out the skin.

- > **Height:** 119–139 cm
- > **Base unit:** Length 54 cm, width 34 cm
- > **Weight:** 23 kg
- > **Energy consumption:**  
Corresponds to a 60 W lightbulb
- > **Noise level:**  $\geq 38$  dBA

## You are exposed to allergens when you sleep

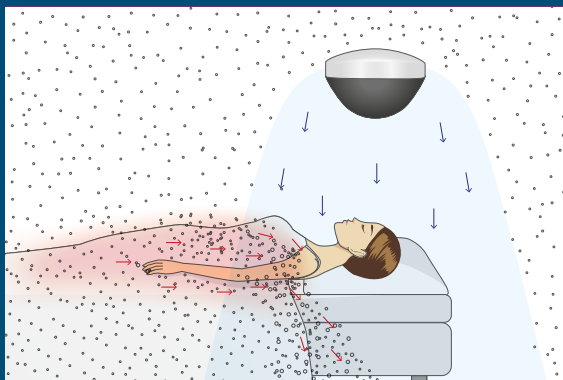
When you rest in bed, your airways are in close contact with pillows, mattresses, and duvets. These contain irritating particles and allergens, such as those from mites or pets. When you move in the bed, these allergens are released from the bedding. Along with the body heat, they rise in the air towards the breathing zone around the mouth and nose.<sup>4</sup>

### Before



Body heat convection concentrates allergens and irritating particles in the breathing zone.

### After



Temperature-controlled Laminar Airflow (TLA) filters the air in the breathing zone and removes 99.5% of all allergen and irritating particles larger than  $0.5\ \mu\text{m}$ .



## How Airsonett Air4 helps

Airsonett Air4 uses the unique, patented Temperature-controlled Laminar Airflow (TLA) technology to direct a light flow of filtered clean air towards the breathing zone. The filtered air is slightly cooled before being released from the air shower: It then gently falls with gravity, pushing away the particle and allergen-rich air from the breathing zone. At least 99.5% of particles  $\geq 0.5 \mu\text{m}$  are blocked from reaching your breathing zone during sleep. The treatment allows your airways and immune system to rest and recover during the night. Airsonett Air4 should be placed next to your bed and used every night. This will protect your breathing zone from irritating particles and allergens throughout the night.

TLA technology ensures that the air purification effect focuses on the breathing zone, where it makes a difference, rather than purifying the air throughout the room. Airsonett Air4 has therefore proven to be a hundred times more effective in cleaning the breathing zone from particles compared to an air purifier with corresponding air flow rate and filter efficiency.<sup>5,6</sup>

# Effective both against allergic asthma and other allergic diseases

## Allergic asthma

Along with traditional drug treatment, Airsonett Air4 can help reduce your asthma symptoms and improve your quality of life.

## Other allergic diseases

Many patients with allergic asthma also suffer from other allergic conditions such as rhinitis, which can be triggered by inhaled allergens. Therefore, minimizing night time exposure can also relieve the symptoms of these diseases.<sup>7</sup>

In pilot studies, Airsonett Air4 has been shown to help children with severe allergic eczema. Over a year, the severity of their eczema and the need for a strong steroid cream were significantly reduced.<sup>8</sup>



# Is Airsonett Air 4 right for you?

Talk to your caregiver about Airsonett.

**Contact us for more information**

[info@airsonett.eu](mailto:info@airsonett.eu)

**Visit our web page**

[www.airsonett.eu](http://www.airsonett.eu)

# Questions and answers about treatment with Airsonett Air4

## **For which type of patients is Airsonett Air4 an appropriate treatment?**

In general, the treatment is suitable for patients with uncontrolled allergic asthma where the allergy is driven by indoor allergens caused by mites and pets – and aggravated by other allergens, such as pollen.

## **How does the treatment relieve symptoms?**

Several placebo-controlled double-blind studies show a clinical effect.

Patients typically describe their most common improvements as:

- > Easier to breathe with less coughing and wheezing in their chest
- > Better sleep, less tired and weary
- > Fewer symptoms from other allergic diseases such as nasal congestion
- > Better concentration and less frustration
- > Less fear of asthma attacks

## **How fast does the treatment work for allergic asthma?**

You can usually see positive effects already after one week. Studies show marked improvement in sleep after about one month and full effect on symptoms after approximately three months of treatment. Airsonett recommends staying on the treatment for at least six months, then evaluating. The effect gradually diminishes when you stop treatment with TLA.

## **Is there a clinically proven effect for atopic eczema?**

Open studies show effect, and there is an ongoing large placebo-controlled double-blind study in England that is studying the effect of the method scientifically.

## **What kind of favourable treatment results has been seen for atopic eczema?**

Moderate to severe eczema patients, where the disease is driven by allergy to indoor allergens, seem to be the group that responds best to treatment with Airsonett Air4. Typical improvements include:

- > Reduced areas of eczema
- > Reduced redness and intensity
- > Better sleep and an improved general condition
- > Less itching



**How is Airsonett Air4 prescribed?**

The treatment is prescribed by a paediatrician, allergist, lung doctor or dermatologist. If you have questions about how it works in your region, feel free to contact us at Airsonett, and we will help.

**Are there any medical side effects?**

No.

**Can I get treatment with Airsonett Air4 while I'm on another medication?**

Yes. The treatment does not interact with any other medications.

**How can overnight treatment with Airsonett Air4 have an effect, when I'm exposed to allergens during the day?**

Studies have shown that the method works with treatment only at night. Since you are free from exposure to allergens/particles during sleep, it seems that the treatment generates better conditions to meet exposure during the day.

**Do I need to be treated every night?**

More coherent time under Airsonett Air4 means better and faster effect. However, missing one day a week or a few days a month does not seem to decrease the effect significantly.

**How does TLA treatment work?**

The 99.5% particle-free air in the breathing zone during sleep significantly reduces the exposure to allergens. This has been shown to reduce inflammation of the airways and skin, therefore relieving symptoms over time.

**Is TLA treatment safe?**

Yes. Airsonett Air4 is registered as medical equipment of proven quality and does not produce any medical side effects. The safety and efficacy of TLA treatment, as add-on therapy, have been evaluated in more than a thousand patients in both healthcare and clinical studies.

**Is Airsonett Air4 difficult to install and use?**

No. Airsonett Air4 is easy to install and use in your home. The filter should be changed every sixth months, which you can easily do yourself. New filters are automatically delivered in time for changing.

**What is the difference between Airsonett Air4 and an air purifier?**

Airsonett Air4 focuses on cleaning the breathing zone from irritating particles and allergens, while a traditional air purifier tries to clean the entire room. Technical studies comparing the technologies show up to 100 times less exposure of particles using the unique, patented TLA technology.

## References

---

1. Boyle RJ, Pedroletti C, Wickman M, et al. Nocturnal temperature controlled laminar airflow for treating atopic asthma: a randomised controlled trial. *Thorax* 2012;67:215-21
2. Pedroletti C, Millinger E, Dahlén B, et al. Clinical effects of purified air administered to the breathing zone in allergic asthma: A double-blind randomized cross-over trial. *Respir Med* 2009;103:1313-19
3. Warner JO. Use of temperature-controlled laminar airflow in the management of atopic asthma: clinical evidence and experience. *Ther Adv Respir Dis* 2017;11:181-188
4. Boor BE, Spilak MP, Corsi RL, et al. Characterizing particle resuspension from mattresses: chamber study. *Indoor Air*. 2015;25:441-56
5. Gore RB, Boyle RJ, Gore C, et al. Effect of a novel temperature-controlled laminar airflow device on personal breathing zone aeroallergen exposure. *Indoor Air* 2015;25:3644
6. Spilak M, Sigsgaard T, Takai H, et al. A comparison between temperature-controlled laminar airflow device and a room air-cleaner in reducing exposure to particles while asleep. *PLoS ONE* 2016;11(11): e0166882. doi:10.1371/journal.pone.0166882
7. Moffatt J, Hanna H, Gore C, et al. Temperature controlled laminar airflow for treating allergic rhinitis in children; A randomized controlled trial. *Allergy* 2011; 66(Supplement 94):360
8. Gore C, Gore RB, Fontanella S, et al. Temperature-controlled laminar airflow (TLA) device in the treatment of children with severe atopic eczema: Open-label, proof-of-concept study. *Clin Exp Allergy*. 2018. Epub ahead of print doi: 10.1111/cea.13105 and Appendix Supplement 1
9. Socialstyrelsen 2017. Nationella riktlinjer för vård vid astma och kroniskt obstruktiv lungsjukdom (KOL). <https://www.socialstyrelsen.se/regler-och-riktlinjer/nationella-riktlinjer/slutliga-riktlinjer/astma-och-kol/>

**Airsonett Air4 helps people with allergic diseases to improve their quality of life. The goal is to help you as a patient to achieve these targets for the treatment of your allergic asthma:<sup>9</sup>**

- > Be symptom-free
- > Participate in daily activities without restrictions
- > Have a normal lung function
- > Be free from adverse side effects
- > No need to take symptomatic treatment





# Airsonett®

## **Airsonett AB**

Kelliehousevägen 31  
SE-262 74 Ängelholm  
Sweden

Phone: +46 431 40 25 30

## **Airsonett UK Ltd**

St James House  
13 Kensington Square  
London W8 5HD U.K.

Phone: +44 2086387400

Mail: [info@airsonett.eu](mailto:info@airsonett.eu)

Facebook: [@airsonettinternational](https://www.facebook.com/airsonettinternational)

Instagram: [@airsonettinternational](https://www.instagram.com/airsonettinternational)

**[www.airsonett.eu](http://www.airsonett.eu)**