## Claims

1. An adhesive element adapted to be arranged on a medical device wherein the adhesive element is a disposable gel pad adapted to match an attachment mechanism on the medical device that is adapted to provide an electrical connection between the adhesive element and the medical device and wherein the adhesive element comprises conductive material and is adapted to form a conductive connection between the medical device and the skin of a user.

2. The adhesive element according to claim 1, wherein the adhesive element is double adhesive.

3. The adhesive element according to any of the preceding claims, wherein the adhesive element is adhesive on one side and comprises a part of an attachment mechanism on the opposite side, said part of said attachment mechanism adapted to match a corresponding part of the attachment mechanism on the medical device.

4. The adhesive element according to any of the preceding claims, wherein the attachment mechanism is one, two, three or more snap locks.

5. The adhesive element according to any of claims 3 to 4, wherein said part of said attachment mechanism comprises one or more components that are shaped to match a corresponding component of the attachment mechanism on the medical device.

6. The adhesive element according to claim 5, wherein the shape of said components is polygonal, such as triangular, rectangular, pentagonal, hexagonal, or star-shaped.

7. The adhesive element according to any of the preceding claims, wherein the shape of the adhesive element matches the shape of the medical device.

8. The adhesive element according to any of the preceding claims, wherein the attachment mechanism comprises hook and loop fasteners.

9. The adhesive element according to any of the preceding claims, wherein the attachment mechanism comprises one or more clips or clamps.

10. The adhesive element according to any of the preceding claims, wherein the attachment mechanism is at least partly magnetic.

11. The adhesive element according to any of the preceding claims, wherein the adhesive element is adapted to form an adhesive bond between the medical device and the skin of a user.

12. The adhesive element according to any of the preceding claims, wherein the adhesive element is flexible and/or bendable.

13. The adhesive element according to any of the preceding claims, wherein the attachment mechanism is configured to allow migration between corresponding parts of the attachment mechanism.

14. The adhesive element according to any of the preceding claims, wherein the attachment mechanism is adapted such that migration maintains electrical connection provided by the attachment mechanism.

15. The adhesive element according to any of the preceding claims, wherein the attachment mechanism is adapted such that migration is provided in a direction substantially perpendicular to the skin when the medical device with adhesive element is applied to an individual.

16. A medical device for monitoring muscle activity of an individual comprising an electrode assembly with a plurality of electrodes, the electrode assembly comprising a part of an attachment mechanism adapted to match a corresponding part of an attachment mechanism on the adhesive element defined by any of the preceding claims, wherein the medical device is adapted for receiving and monitoring electrical signals and providing electrical stimulation to said individual.

17. The medical device according to claim 16, wherein the medical device is suitable for monitoring muscle activity related to bruxism, and adapted for processing the received signals in order to detect said bruxism, and wherein the

electrical stimulation is a feedback signal provided in response to detection of the bruxism.

18. A kit comprising the medical device according to any of claims 16 to 17 and the adhesive element defined by any of claims 1 to 15, which are adapted to be attached to each other by means of the attachment mechanism.

**Claims**

1. A dispenser for arranging an adhesive element on a medical device, said dispenser comprising
   - a holder adapted to receive the medical device
   - a delivery mechanism comprising a stack of said adhesive elements and a resilient element, the stack arranged on the resilient element such that the stack of adhesive elements is pressed towards the holder, each of said adhesive elements arranged between layers of removable protective sheet, and
   - a traction mechanism comprising a traction element connected to the removable protective sheet and a switch adapted for operating the traction element, said traction mechanism adapted for pulling said removable protective sheet upon activation of the switch.

2. The dispenser according to claim 1, wherein the traction mechanism is adapted for releasing the protective sheet from at least one side of an adhesive element, preferably upon activation of the switch.

3. The dispenser according to any of the preceding claims, wherein the traction mechanism is adapted for releasing the protective sheet from at least one side of the topmost adhesive element in the stack, preferably upon activation of the switch.

4. The dispenser according to any of the preceding claims, wherein the switch is adapted to mechanically engage the traction element.

5. The dispenser according to any of the preceding claims, wherein the switch comprises one or more racks adapted to engage the traction element.

6. The dispenser according to any of the preceding claims, wherein the traction element comprises a cylindrical reel for wounding the protective sheet.

7. The dispenser according to any of the preceding claims, wherein the traction element comprises one or more toothed wheels.

8. The dispenser according to claim 7, wherein said one or more toothed wheels is adapted to freewheel in one direction of rotation.

9. The dispenser according to any of the preceding claims, wherein the switch comprises a slidable button and wherein activation of the switch includes sliding the slidable button.

10. The dispenser according to any of the preceding claims, wherein the traction mechanism further comprises a resilient switch release.

11. The dispenser according to claim 10, wherein the resilient switch release is adapted to return the switch to a starting point after activation of the switch.

12. The dispenser according to any of the preceding claims, wherein the stack of adhesive elements is formed of adhesive elements sandwiched between layers of the protective sheet.

13. The dispenser according to any of the preceding claims, wherein the protective sheet forms a band.

14. The dispenser according to claim 13, wherein each of said adhesive elements is arranged between two layers of protective sheet.

15. The dispenser according to claim 13, wherein each of said adhesive elements is arranged between two layers of protective sheet, said two layers formed by folding a single layer of protective sheet.

16. The dispenser according to any of the preceding claims 13 to 15, wherein the stack of adhesive elements is formed such that the band of protective sheet can be released from the topmost or outermost adhesive element by pulling the band from only one side of the stack.

17. The dispenser according to any of the preceding claims, wherein the dispenser is adapted to automatically or at least semi-automatically arrange the adhesive

element at a predetermined position at the medical device.

18. An adhesive element adapted to be arranged on a medical device.

19. The adhesive element according to any of the preceding claims 18, wherein the adhesive element is double adhesive.

20. The adhesive element according to any of the preceding claims 18 to 19, further adapted to match an attachment mechanism on the medical device.

21. The adhesive element according to any of the preceding claims 18 to 20, wherein the adhesive element is adhesive on one side and comprises a part of an attachment mechanism on the opposite side, said part of said attachment mechanism adapted to match a corresponding part of an attachment mechanism on the medical device.

22. The adhesive element according to claim 21, wherein the attachment mechanism is one, two, three or more snap locks.

23. The adhesive element according to any of claims 21 to 22, wherein said part of said attachment mechanism comprises one or more components that are shaped to match a corresponding component of the attachment mechanism on the medical device.

24. The adhesive element according to any of claims 21 to 23, wherein said attachment mechanism is adapted to provide an electrical connection between the adhesive element and the medical device.

25. The adhesive element according to any of the preceding claims 18 to 24, wherein the adhesive elements are disposable.

26. The adhesive element according to any of the preceding claims 18 to 25, wherein the adhesive elements are pads, such as gel pads.

27. The adhesive element according to any of the preceding claims 18 to 26, wherein the shape of the adhesive element matches the shape of the medical device.

28. The adhesive element according to any of the preceding claims 18 to 27, wherein the adhesive element is adapted to form an adhesive bond between the medical device and the skin of a user.

29. The adhesive element according to any of the preceding claims 18 to 28, wherein the adhesive elements comprise conductive material.

30. The adhesive element according to any of the preceding claims 18 to 29, wherein the adhesive element is flexible and/or bendable.

31. The adhesive element according to any of the preceding claims 21 to 30, wherein the attachment mechanism is configured to allow migration between corresponding parts of the attachment mechanism.

32. The adhesive element according to any of the preceding claims 21 to 31, wherein the attachment mechanism is adapted such that migration maintains electrical connection provided by the attachment mechanism.

33. The adhesive element according to any of the preceding claims 21 to 32, wherein the attachment mechanism is adapted such that migration is provided in a direction substantially perpendicular to the skin when the medical device with adhesive element is applied to an individual.

34. The adhesive element according to any of the preceding claims 18 to 33, wherein the adhesive element is adapted to form a conductive connection between the medical device and the skin of a user.

35. The dispenser according to any of the preceding claims, wherein said adhesive element(s) is the adhesive element(s) according to any of claims 18 to 34.

36. A medical device for monitoring muscle activity of an individual comprising an electrode assembly with a plurality of electrodes, the electrode assembly comprising a part of an attachment mechanism adapted to match a corresponding part of an attachment mechanism on the adhesive element defined by any of claims 18 to 34, wherein the medical device is adapted for receiving and monitoring electrical signals and providing electrical stimulation to said individual.

37. The medical device according to claim 36, wherein the medical device is suitable for monitoring muscle activity related to bruxism, and adapted for processing the received signals in order to detect said bruxism, and wherein the electrical stimulation is a feedback signal provided in response to detection of the bruxism.

38. A kit comprising the medical device according to any of claims 36 to 37 and the adhesive element defined by any of claims 18 to 34, which are adapted to be attached to each other by means of the attachment mechanism.

39. A method for arranging a disposable adhesive element on a medical device comprising the steps of:
    a. activating the switch of the dispenser according to any of the preceding claims thereby releasing the protective sheet from one side of the topmost adhesive element in the stack,
    b. arranging the medical device in the holder of said dispenser, the topmost adhesive element thereby being attached to the medical device, and
    c. removing the medical device with the adhesive element from the dispenser.

40. A method for arranging a disposable adhesive element on a medical device comprising the steps of:
    a. arranging the medical device in the holder of the dispenser according to any of the preceding claims,
    b. activating the switch thereby releasing the protective sheet from the side of the topmost adhesive element in the stack that faces the medical device, the topmost adhesive element thereby being attached to the medical device, and

c. removing the medical device with the adhesive element from the dispenser.