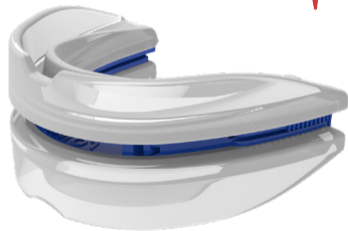


INSTRUCTIONS FOR USE

SNORE

D



READ CAREFULLY

MATERIALS REQUIRED

Timer	
A medium sized pot	
Large coffee cup of tap water	
A spatula, or tongs	

NB: DO NOT USE MICROWAVE OR KETTLE

How to Mould your SnoreMD

- Step 1** Fill a medium sized pot $\frac{3}{4}$ full with water and boil over stove. Once boiling, turn stove off and carefully remove pot.
- Step 2** **Once the water stops bubbling**, place your **SnoreMD** into the water and let it float for precisely 30 seconds, **do not push down into water.**

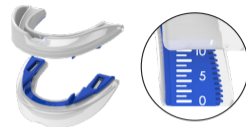
Step 3 Quickly remove your **SnoreMD** from boiled water using tongs, then submerge for 2 - 3 seconds in a cup of water at room temperature before placing into your mouth to begin the moulding process.

Step 4 Put your **SnoreMD** into your mouth ensuring the 'U Symbol' on the upper tray is at the top. Bite down firmly for 30 seconds. While biting down, close your mouth and suck in to form a vacuum. Press fingers on your cheeks, and your tongue against the inside part of your **SnoreMD** to mould the material around your teeth.

Step 5 Remove your **SnoreMD** from your mouth and place into a cup of cold water. This will set the mould.

Step 6 You are now ready to begin using your **SnoreMD**. **Start using at the factory setting 3.** After using for two nights and becoming used to wearing your **SnoreMD**, (if necessary) gradually adjust in 1mm increments until your snoring starts to subside. We suggest you use your **SnoreMD** for **2 hours per night for the first 2-3 nights prior to wearing all night.**

ADJUSTMENT INSTRUCTIONS



If you are required to adjust your **SnoreMD** from the factory setting of '3' please use the following steps:

1. To advance your **SnoreMD** forward, pull the lower and upper trays completely apart so you now have two separate pieces.
2. To reposition your **SnoreMD** find the desired increment on the adjustable increment scale on the upper tray and align the lower piece of your **SnoreMD** on the preferred adjustment (1-10).
3. Make sure both sides are adjusted to the same setting, if not, your **SnoreMD** will be less effective.
4. 'Click' the upper and lower trays back into place – this may require some force to ensure they are securely in place.
5. The lower tray should now sit slightly forward - this will help open the airway to maximise airflow and your snoring will diminish.
6. Gradually adjust your **SnoreMD** by 1mm increments until improvement is noticed. If jaw pain is noticed, go back to the last comfortable setting for a further few nights.

ADJUSTMENT INSTRUCTIONS

- Prior to using your **SnoreMD** brush your teeth.
- Your **SnoreMD** works best if you sleep on your side or stomach.
- It is normal for some people to experience excess salivation, dry mouth and tenderness of the jaw, teeth and gums during initial use of your **SnoreMD**.
- If you wake up in the middle of the night and are bothered by your **SnoreMD**; just take it out and go back to sleep. Each night you should be able to sleep longer with your **SnoreMD**.
- Your **SnoreMD** should be gradually adjusted by 1mm increments (forwards and backwards) for maximum comfort and effectiveness. Most sleep issues can be reduced with a setting between 3 - 7mm.

CARE & HANDLING

- Store your **SnoreMD** in its case in a cool dry place.
- Periodically, clean your **SnoreMD** with a toothbrush and toothpaste. An ultrasonic cleaner is best.
- Do not use harsh chemicals or household cleaning products like bleach, ammonia or mouthwash.
- Manufacturer recommends replacing every 12 months. NB: Product life is dependent on the patients use and post use care. Longevity and integrity of this device may vary from patient to patient.

CAUTION

If you experience prolonged discomfort, bleeding, loose or moving teeth, excess jaw pain, limited jaw movement, bite changes or other problems that may be associated with using **SnoreMD**, immediately discontinue use and contact your dentist or physician for advice.

CONTRAINDICATIONS

SnoreMD should not be used by patients who:

- Are under the age of 18.
- Have a history of TMD, temporomandibular disorder.
- Have worn dental implants within the past year
NB: May be suitable for partial dentures.
- Have dentures or are undergoing orthodontic treatment.
- Have loose teeth, abscesses.

WARNINGS - Use of SnoreMD may cause:

- Tooth movement or changes in dental occlusion.
- Gingival or dental soreness.
- Pain or soreness to the temporomandibular joint.



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