

## INSTRUCTIONS FOR USE

# SNOREMD<sup>®</sup>+

Class 1 Medical Device



READ CAREFULLY

### UTENSILS REQUIRED

Timer	
A medium sized pot	
Bowl of tap water	
A spatula, or tongs	

**NB: DO NOT USE MICROWAVE OR KETTLE**

### HOW TO MOULD YOUR SNOREMD

**Step 1** Leave SnoreMD on the factory setting of 3. Please do not pull apart prior to moulding.

**Step 2** Fill a medium sized pot with water  $\frac{3}{4}$  to the top and bring to the boil on the stove.

**Step 3** After the water has come to the boil, turn the heat off and ensure the pot has then been carefully removed from the heated stove top element.

**Step 4** Have your timer ready and only once the water has physically stopped bubbling, place your SnoreMD on the

surface of the boiled water for a strict 30 seconds (do not submerge the device, you want SnoreMD floating at the top so it doesn't sink or touch the sides of the pot).

**Step 5** Without applying too much pressure with the tongs, carefully remove SnoreMD by picking up the device from the back adjustment section (this is the part that fits to the back of your mouth).

**Step 6** Dip SnoreMD into a bowl of room temp water for 3 seconds to rinse residual hot water off, slowly position in your mouth and then bite down for 30 seconds. Suck in to form a vacuum

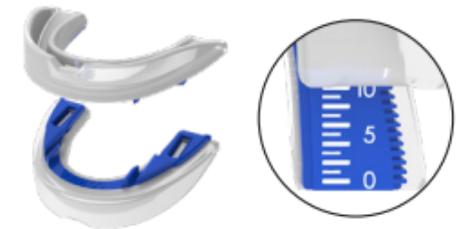
and use your fingers to push the side of your gums so the warmed material moulds to your teeth and jaw.

**Step 7** Remove your SnoreMD from your mouth and place into a bowl of cold water, this will set the mould.

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 adjust 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.

## HELPFUL TIPS

- 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.

## CARE & HANDLING

- Prior to using your SnoreMD brush your teeth.
- Store your SnoreMD in its case in a cool dry place.
- Periodically, clean your SnoreMD with a toothbrush and toothpaste.
- 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 if you:

- Are under the age of 18.
- Have a history of TMD, temporomandibular disorder.
- Have worn dental implants within the past year.
- Have dentures or are undergoing orthodontic treatment. **NB:** May be suitable for partial dentures.
- Have loose teeth, abscesses or severe gum disease.
- Have central sleep apnea
- Have COPD or other respiratory diseases

### 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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