SleepMD

Important Safety Information and Instructions:

Introduction: The SleepMD device is designed to fit snuggly around the teeth. The material chosen is quite rigid but will not cause injury to the dentition. The structure is necessary to provide the needed support for the two independent splints. It is this interaction of the splints that produces the forward advancement the jaw. Most other devices require the jaw to be closed in order to maintain the proper mouth position. Not SleepMD! This is because as we fall asleep at night; our muscles relax resulting in the automatic narrowing of the mouth. This normal physiologic process insures the contact between the cam and the wings resulting in the corresponding protrusion of the jaw. Each rotating cam of the upper mouthpiece has a set screw. This screw controls how far forward the cam is placed. The more forward; the more the jaw will advance. During sleep, the wings on the lower splint maintain contact with the cams, ensuring that the mandible is maintained in a forward position. This method of action is a preferred because it does not require one to maintain a closed mouth in order to achieve the desired results. It also produces less strain on the jaw joint.

Inside the Box:

Each order consists of a round protective container; ideal for traveling with this device. Inside, there are two light green mouthpieces. The upper unit **(#1)**, includes the cams which are attached by the cam screws **(#3)**. The lower splint **(#2),** has the two wings. A provided hex key is used to attach the cams to the upper mouthpiece. Additionally, a bag of plastic beads is included to assist in the molding process.

Please read through these instructions before attempting to mold!

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Step 1. Upper Splint Molding

Heat water in a microwave safe container until boiling. **Don't place in boiling water**. Let the water sit for at least a minute to bring the temperature to around 120 degrees. **Remove the cams** (wheels) using the hex key. Now place the some of the plastic beads and the upper mouthpiece in the hot water. In approximately one minute the inner white plastic will turn clear. Remove it and place on hard surface. (fig. 1)

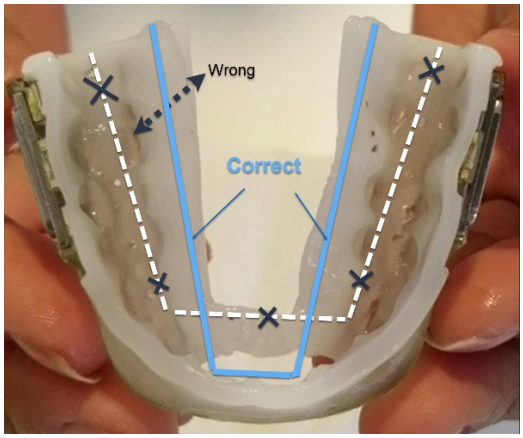
#1

Now remove the soft plastic beads and form into a long tubular shape by rolling and pulling motion. Then placed it along the inner surface of the upper mouthpiece. **blue arrows** (fig. 2,3,3a)

#2

#3

#3a



Touch the metal with finger to confirm that it not still too hot and place over the upper teeth. Use your thumb to press the plastic into crevices of the teeth inside the mouth. (fig.4,4a)

#4

#4a

Now with your mouth closed, suck your tongue to the roof of the mouth for 1 minute. (fig.5)

#5

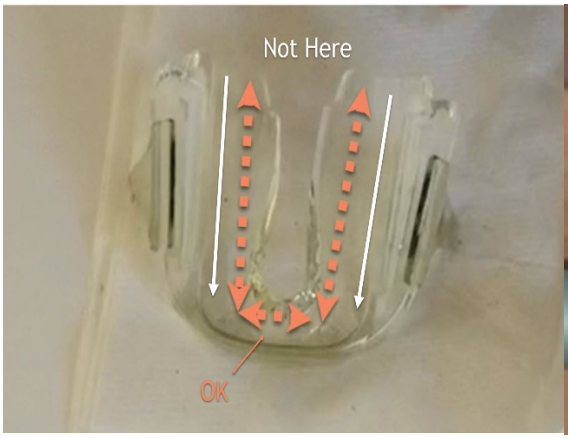
Remove by placing the index fingers in the back of the mouth just over the metal plates. Pull downward and forward. Note: If tight when removing, replace and remove multiple times while the device is hardening.

#6

Replace back in your mouth then you are ready to begin molding the lower mouthpiece. (fig. 6)

Step 7. Lower Splint Molding

Reheat the water as before up to boiling and then wait a minute for it too cool. Then place the lower mouthpiece into the water along with the plastic beads. Do not let the beads get close to the mouthpiece because they will stick to it. When the plastic turns clear remove them and rest it on a hard surface. Form the beads into a tubular structure and then place along the inner surface of the lower unit. (fig. 8)



#8

When cool enough,insert over the lower teeth **<u>while your bottom jaw remains 1-2 mm in front of the upper.</u>** (fig.9a)

#9a

Use your fingers to mold around the teeth and insure that the hot plastic does not stick to the upper mouthpiece. Press the wings against the upper unit. (fig. 9b, 9c)

#9b

#9c

Wait one minute and then remove the lower mouthpiece by placing your thumbs beneath the wings while pushing upward. (fig.10)

#10

Place the lower splint under cold tap water to harden and tighten it. **only lower** (fig.11)

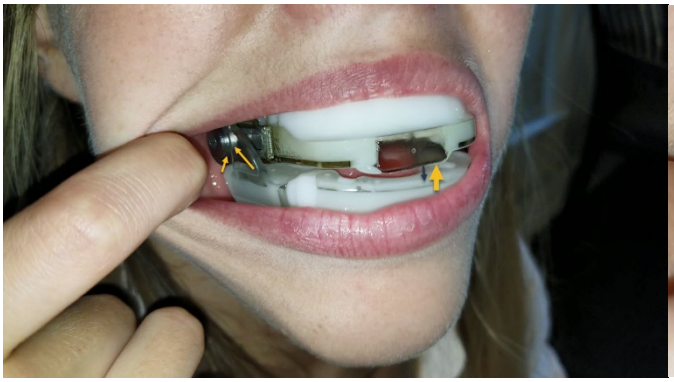
#11

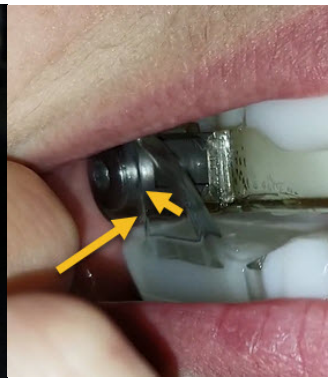
#12

Place the cams on with the hex wrench and position them all the way back. (fig. 11)

Then insert the upper and lower mouthpiece back in the mouth. Check to see that the cams contact the wings. Adjust as needed. (fig. 13) NOTE: the lower jaw remains forward.

#13





Care and Cleaning:

Use warm soapy water and soft tooth brush to clean your device after each use. Let air dry and store on paper towel in draw or glass cup. Check that cam screw is tight before each use.

In the Morning Instructions: After removing the device, you may find that your jaw remains slightly protruded. If this occurs, it will usually will resolve in a few minutes. If it remains for more than 5 minutes, then lightly bite on a tongue depressor placed between the back molars. This should be done for 5 minutes each day after use. This will only happen if you clench your teeth during the night.

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Trouble Shooting:

If **too tight**, **Do not remold!!**

Just dip the region the hot water for several seconds. Replace and remove quickly. Repeat until resolved. If the area around the upper front teeth is still tight, then reheat that region for a few seconds and then use your index finger to spread it out away from the teeth. ***Sometimes, it can take several days before the device stops shrinking*** *and thereby feeling too tight. In that case;* ***each night run the tight area under hot tap water for about 30 seconds and place back in the mouth for the night.***

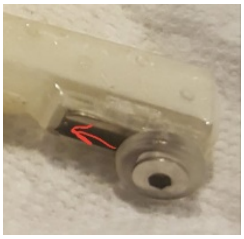
During the cooling process, ***only use cold water to tighten*** *the device. Tightening the device can be required in cases where there are missing teeth or very short crowns. After molding place in cold water to tighten and set the device.*

Too tight on the front teeth?

Dip the front into hot water to soften and then use your index finger to push out the tight areas. Try on, if ok then ***let cool naturally***

Additional adjustments:

If after using the device for several days you still find that you are snoring, an adjustment can be made. Use the hex pin to loosen the screws and advance each cam 1 mm forward. Tighten, and try it for another night. Repeat as necessary but be careful that to advance too much to cause pain. Also, the maximum forward position does not always get the best results.



Setting the wheel forward toward the front teeth will increase the protrusion of the jaw.

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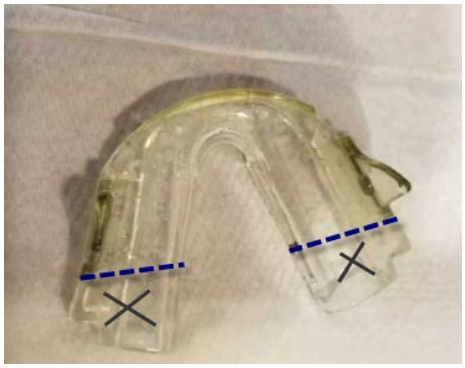
Trouble Shooting Continued:

If the upper device breaks don't worry. Pre heat the front of the upper device and soften the plastic beads. Place the softened plastic into the front of the device. Then replace in mouth to remold. (fig. 14)

#14 

When I close my mouth the lower piece pops out, but otherwise it feel secure?? Or mouth won't close with device in place.

This is because the back of the upper splint hits the back end of the lower mouthpiece. This causes it to flip off or not close. To correct this, heat the back end of the lower splint and then remove the plastic just behind the wings. See if this solves it. (fig. 15) If not, then remove the wheels and redo the upper as described in fig.14. When inserting it in the mouth, place the front teeth further back in the softened plastic. The additional plastic beads will fill this gap created between the front teeth and the device. The lower mouthpiece may need to be remold as well.

#15 

Email me with questions or concerns at:

Contact@Nusleepotc.com

Replace at least every two years to insure structural integrity.