

# SleepMD

Anti-Snoring Mouthpiece

## Important Safety Information and Instructions

(Version: 1.7)



*Please read through these instructions  
before attempting to mold!*



**There is also the molding Video.** You can find it in our website.  
<https://www.sleepmd.net>



Two slightly different techniques are shown. Both will work. Any new information will be reflected in these online instructions.

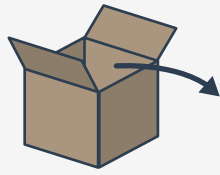


Appliance will return to original shape if placed in hot water.

### Introduction

The SleepMD device is designed to fit snugly around the teeth. This material is rigid but will not cause injury to dentition. This is to provide support for the independent splints. The interaction of the splints produces forward advancement of the jaw. Other devices require the jaw to be closed in order to maintain proper position. Not SleepMD! As we fall asleep at night our muscles relax resulting in 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. The screw controls forward advancement of the jaw. During sleep the wings on the lower splint maintain contact with the cams, ensuring that the mandible is maintained in a forward position. This is 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.

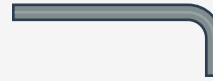
## Inside the box



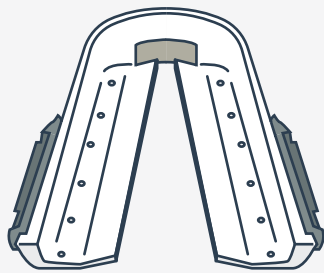
Cam



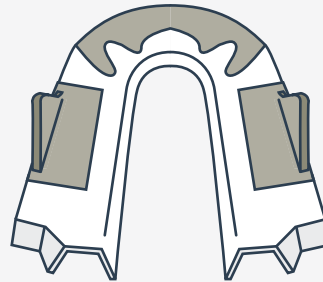
Cam screw



Hex key



Upper unit



Lower unit



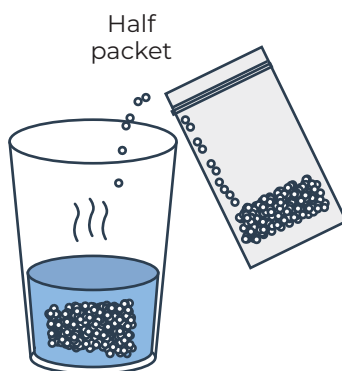
Beads

# Upper Splint Molding

## Step 1.

### Heat water

Place 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 **175** degrees. Remove the cams (wheels) using the hex key.



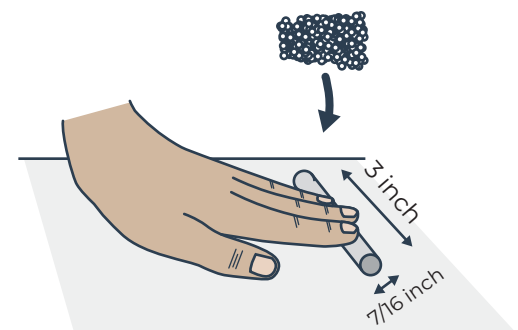
## Step 2.

Place half beads into hot water



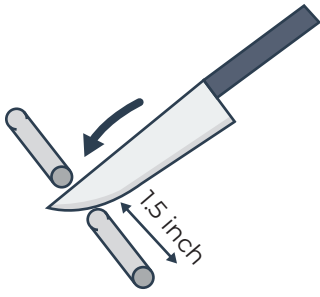
## Step 3.

Remove when the beads becomes clear

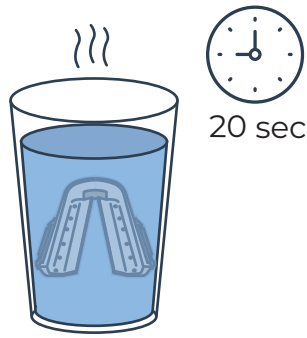


## Step 4.

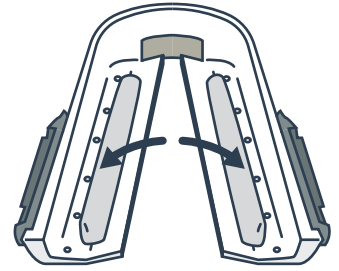
Rolls the beads on hard surface till it becomes a long cylinder (3 inch)



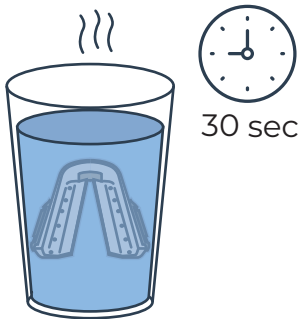
**Step 5.**  
Cut the cylinder  
in half (1.5 inch)



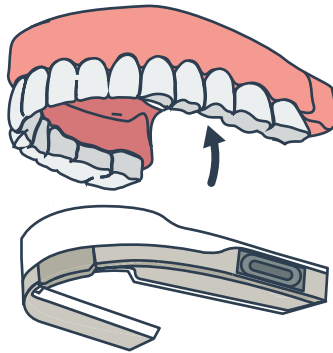
**Step 6.**  
Place upper part into  
hot water for 20 sec



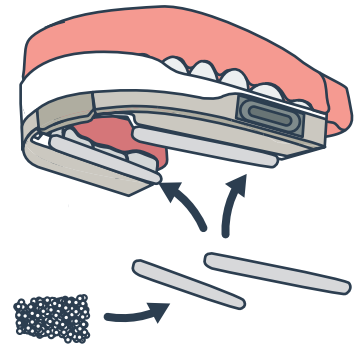
**Step 7.**  
Add **soft** plastic rolls  
to inside grooves.  
**Avoid line of circles**



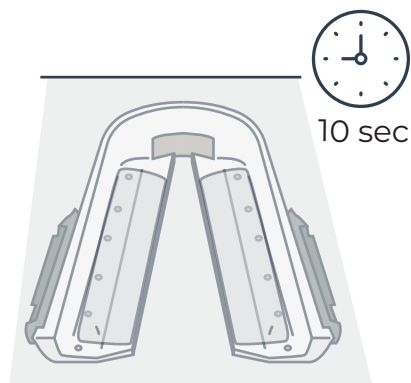
**Step 8.**  
Place the upper unit to  
hot water for 30 seconds.  
**(At 170 degrees)**  
**Do not overheat!**



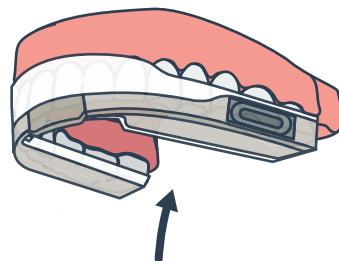
**Step 9.**  
Put the upper unit to  
the upper teeth



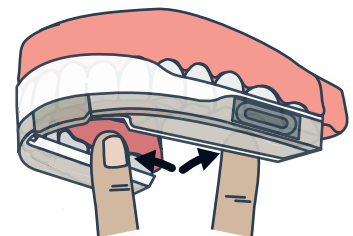
**Step 10.**  
If the upper unit is not  
covering most of the  
upper teeth then place  
**additional** plastic rolls  
on inside edge



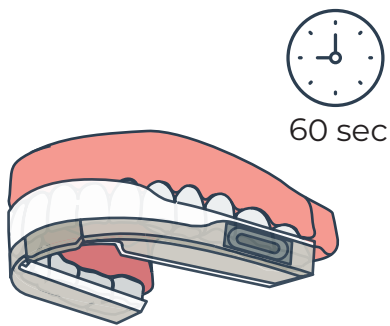
**Step 11.**  
Remove as it starts to turn  
clear. Let cool 10 sec on  
hard surface.



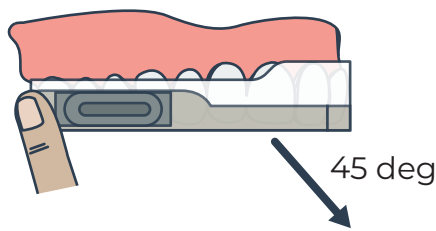
**Step 12.**  
Insert upper unit over  
upper teeth



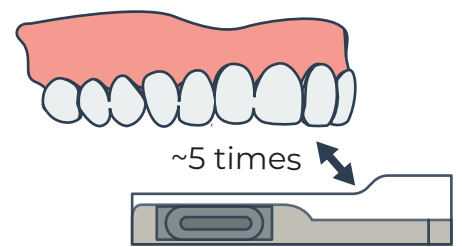
**Step 13.**  
Press plastic into teeth



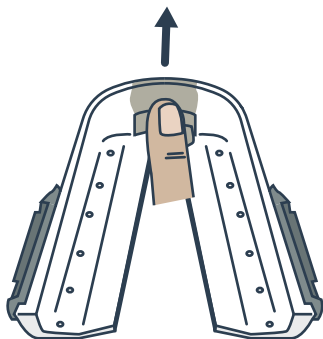
**Step 14.**  
Wait for 60 seconds



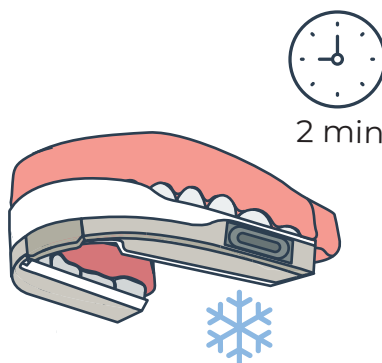
**Step 15.**  
Remove the upper unit by pulling in 45 degrees direction



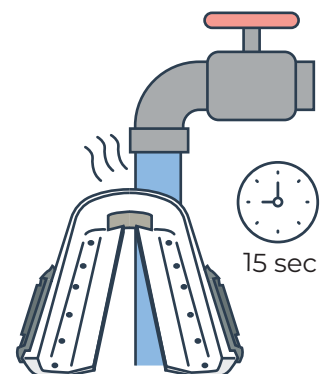
**Step 16.**  
Put the upper unit back and remove it again for 5 times.



**Step 17.**  
If the upper unit is still tight, release contact with front teeth.  
**Reheat, if needed.**



**Step 18.**  
Put the upper unit in the mouth and let it cool for 2 min.



**Step 19.**  
Run the upper unit under hot tap water 15 sec before using for the first 10 days of use to combat shrinkage

## Lower Splint Molding

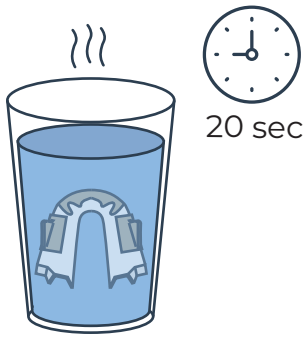
**Place upper unit in mouth before molding lower unit!**

### Step 1.

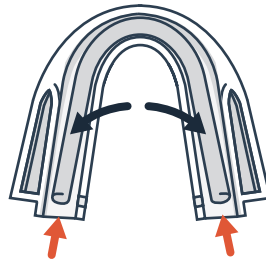
**Heat water** in a microwave safe container until boiling. **Don't place in boiling water.** Let the water sit for at least **a minute** to bring the temperature to around **175** degrees.

### Step 2.

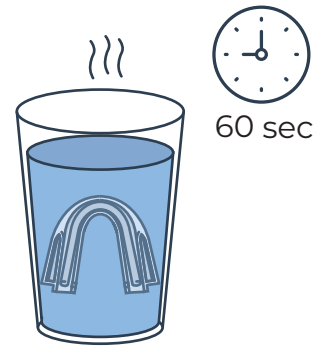
**Repeat steps 2-4 (upper splint molding)** to create to plastic tubular structures to add to lower mouthpiece.



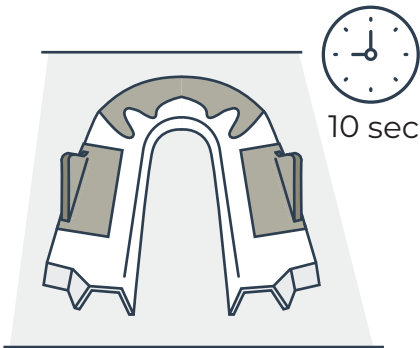
**Step 6.**  
Place lower part into hot water for 20 sec



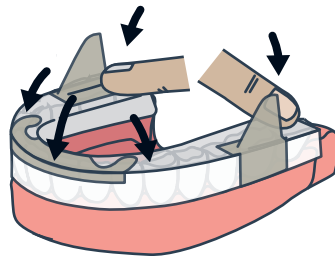
**Step 7.**  
Add soft plastic roll 3 3/4 inch  
Don't extend all the way.



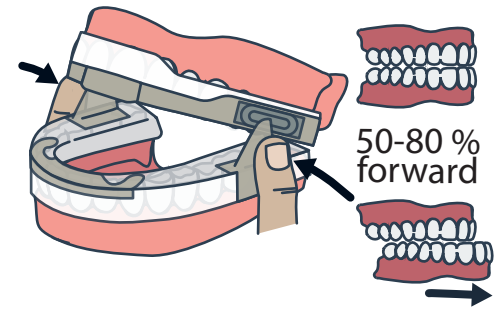
**Step 8.**  
Place the lower unit to hot water and remove after 1 min.  
**(At 170 degrees)**



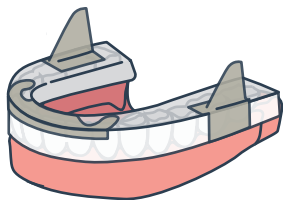
**Step 9.**  
Let cool 10 sec on hard surface.



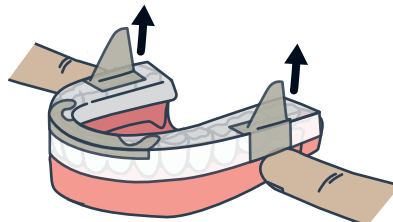
**Step 10.**  
Insert over lower teeth, clench and mold with fingers.  
**Tip.** Do it in front of mirror.



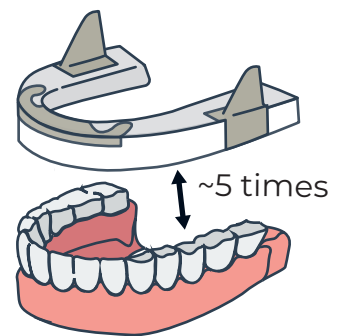
**Step 11.**  
Press wings against sides of upper mouthpiece. Use Thumbs  
**Jaw must be forward 50-80% maximum.**



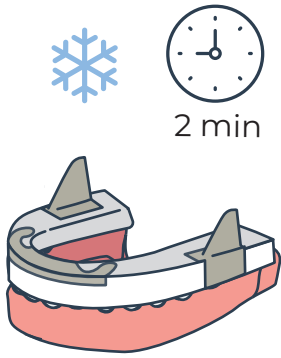
**Step 12.**  
Wait for 2 minutes.



**Step 13.**  
Remove the lower part by placing thumbs under wings.



**Step 14.**  
Put the lower unit back and remove it again for 5 times.



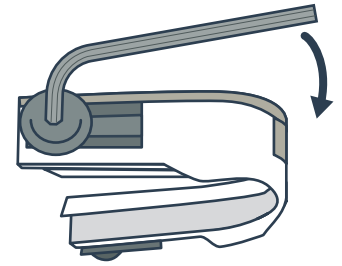
**Step 15.**

Put the bottom unit in the mouth and let it cool for 2 min.



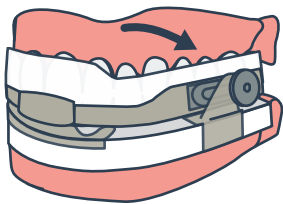
**Step 16.**

Run the lower unit under hot tap water 15 sec before using for the first 10 days of use to combat shrinkage.



**Step 17.**

Attach cam screws toward back of the upper unit.



**Step 18.**

Move cams forward To contact the wings

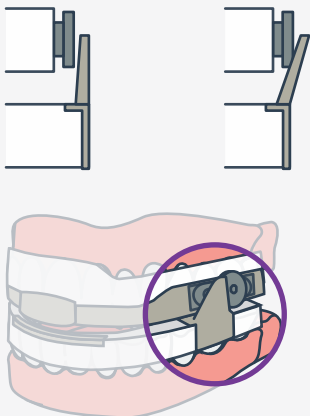
**Step 19.**

With the upper and lower mouthpiece back in the mouth. Check to see that the cams contact the wings. Adjust as needed.

**NOTE**

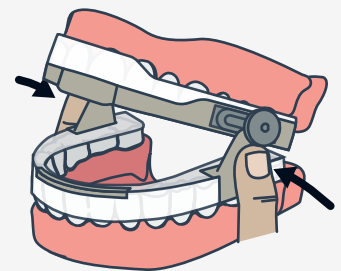
The lower jaw needs to be moved forward.

**Wing too wide?**      **Wing angled?**



**Step 1.**

Reheat the side



**Step 2.**

Press in with thumb to contact the upper unit with the wing

# Care and Cleaning

Use warm soapy water and soft tooth brush to clean your device after each use. Check that cam screw is tight before each use. "Efferdent" type products can be used. Let air dry.

## In the Morning Instructions:

After removing the device, you may find that your jaw remains slightly protruded. If this occurs, it will usually 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 may occur if you clench your teeth during the night.

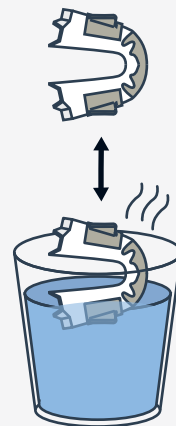
# Troubleshooting

## If too tight, do not remold!

### Step 1.

Dip the section the hot water for several seconds and then remove quickly. Repeat until the problem is resolved.

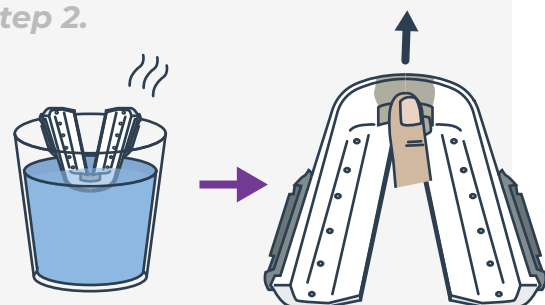
### Step 1.



### Step 2.

If the area around the upper front teeth is still tight, reheat that section for a few seconds and then use your index finger to spread it out away from the teeth.

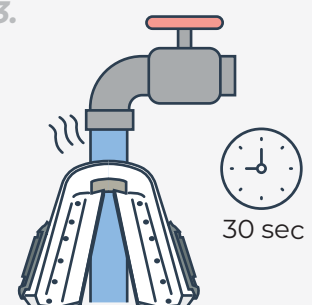
### Step 2.



### Step 3.

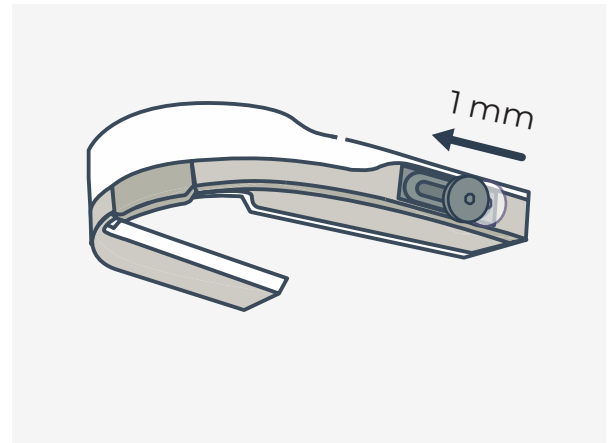
Sometimes, it can take several days before the device stops shrinking and feeling too tight. If that occurs each night, run the tight section under hot tap water for about 30 seconds and place back in the mouth for the night.

### Step 3.



## 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. Be careful not to advance too much as it may cause pain. Maximum forward position does not always get the best results.



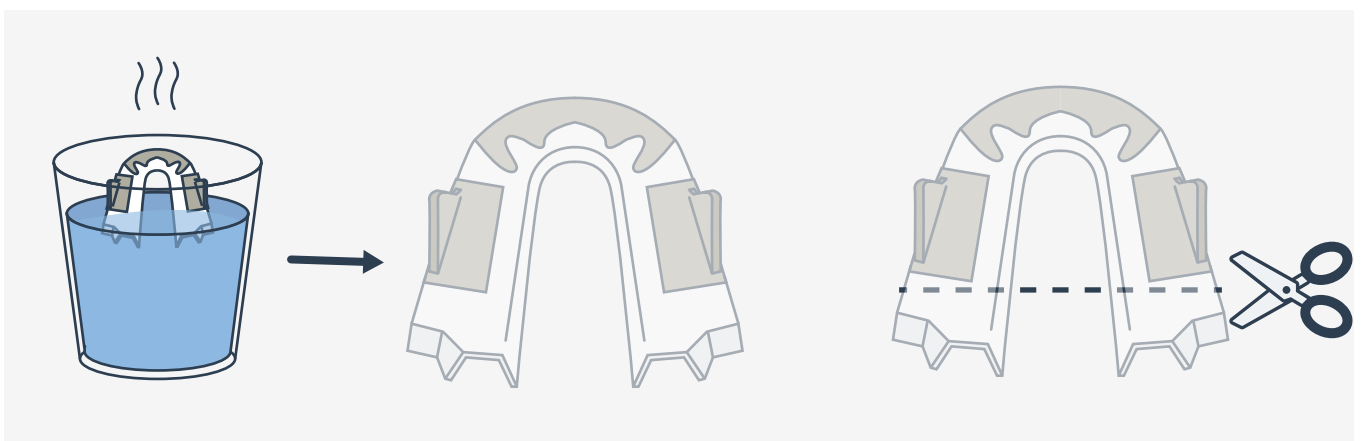
## If the upper device breaks

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. Replace in mouth to remold.



## When I close my mouth the lower piece pops out. Mouth won't close with device in place.

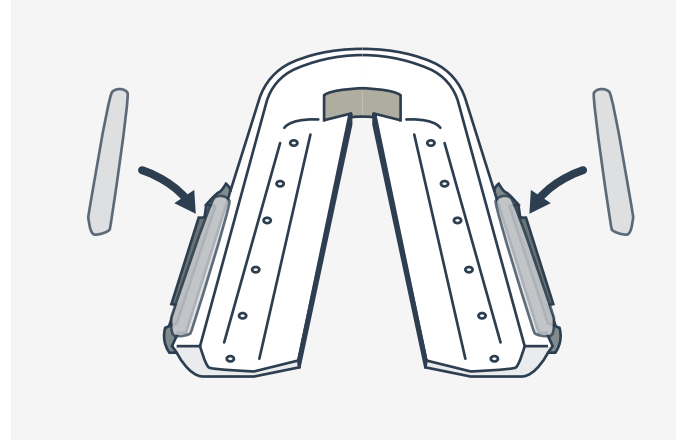
This is due to the back of the upper splint hitting the back end of the lower mouth-piece. This causes it to flip off or not close. To correct, heat the back end of the lower splint until the plastic turns clear and then remove the plastic just behind the wings with scissors





## Clenching & longevity

If you find yourself clenching then you need to add plastic over the cam plate on upper unit, to increase the longevity of the device.



## The device feels bulky and causes discomfort on the cheeks.

If the wheels are placed too far back in the mouth it will be impinged by the muscles of the cheek. The solution is to move the wheels forward on the upper mouthpiece, insert in the mouth and then remold the lower mouthpiece. Otherwise, **contact me and I will send you a smaller wheel.**



*Email me with questions or concerns at:  
[Contact@SleepMD.net](mailto:Contact@SleepMD.net)*