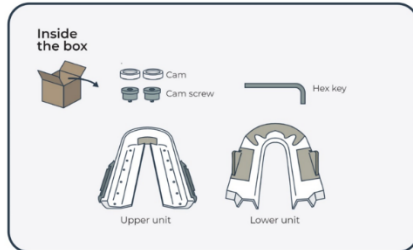


This version no longer requires beads during the molding process.

**SleepMD**  
Anti-Snoring Mouthpiece V4

### Important Safety Information and Instructions

When you receive the device, it will not fit in your mouth. You will need to heat it up in hot water. Once this is done, most of the plastic will become very soft and pliable. Some of the plastic, like the wings and the front of the device are made of harder plastic. The wings need to be hard to engage with the plastic and stainless steel wheels. The other areas of hard plastic hold it's shape while you are molding it. In case you are unable to mold it properly the first time, the device can return to it's original shape in boiling water. It is generally better to only reheat the region that needs adjustment.



#### What you need:

1. Sharp scissors
2. Fork
3. Mirror
4. Flat, non-stick surface
5. Boiling water

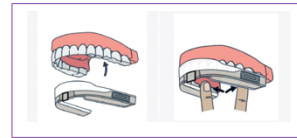
#### Upper Splint Molding



#### Step 1.

##### Boil Water, Remove from Heat and add Upper Device.

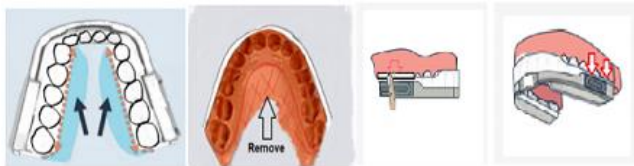
Make sure the wheels are positioned all the way back before inserting into hot water. Remove it with a fork, lifting the front of device once the internal plastic core turns clear. Place on a non-stick surface.



#### Step 2.

##### Insert Upper Device.

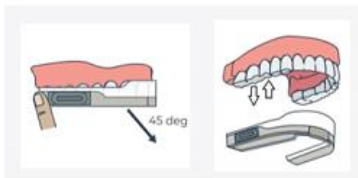
Before inserting, let cool slightly, touch metal plates to insure it is safe to insert. Place over upper teeth in front of a mirror. Then press the plastic into teeth cervices. Slightly clench to seat around teeth. Pull upper lip down over the device and flatten tongue and suck to roof of mouth. Remove after 1 min.



#### Step 3.

##### Trim Excess Plastic.

Using a sharp scissors, quickly trim excess plastic surrounding the tooth impressions. Replace and re trim as needed. Drop back in hot water for 10 sec. before placing into mouth for 1 min. (If plastic has turned white before inserting then it must remain in water until clear).



#### Step 4.

##### Remove and Replace

Place each index finger above and behind the wheel to pull downward and forward at a 45-degree angle. Insert and repeat 5 times. Wiggle to stretch the mold around the teeth. If tight around the front teeth, use your finger to push the plastic away from the teeth. Reheat area if necessary. (figure below)



#### Step 5.

##### Let cool in Mouth

Leave in mouth for 2 minutes to harden. For the next few weeks, the plastic will shrink, making it difficult to put on. Run under hot tap water for 20 sec before inserting. If difficult to remove, swish mouth with hot water and retry.



#### Step 6.

##### Remove Metal Plate

After you finished molding the upper mouthpiece, peel off the metal plate from the front of the device. Also remove any residual silicone adhesive that remains.

## Lower Splint Molding

Place upper unit in mouth before molding lower unit!

### Step 1.

#### Boil water and add Lower

Drop lower into hot water and then remove with fork once the inner plastic insert turns transparent. Place wings up on non-stick surface.

### Step 2.

#### Trim Plastic: For Small and Medium Size Only.

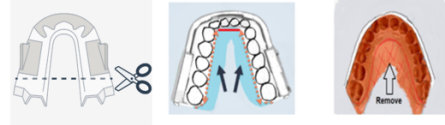
Cut the plastic behind the wings. *Don't worry if not sure because it can be done in a later step.*



### Step 3.

#### Insert over lower teeth in front of Mirror (with Upper On)

Use index fingers to mold plastic around teeth, inside and out. Separate any plastic that may have stuck to upper mouthpiece around back molars. Clench teeth to seat device around the teeth. Remove while still soft. (1 minute)



### Step 5.

#### Trim the excess plastic adjacent to teeth

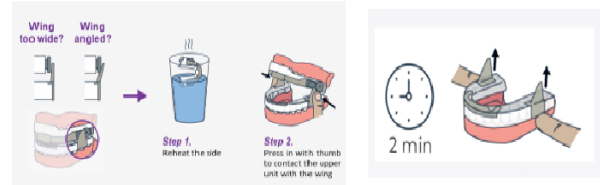
Then replace back in mouth, remold around the teeth. Repeat procedure in Step 4.



### Step 6.

#### Position Wings in front of wheels with Jaw forward

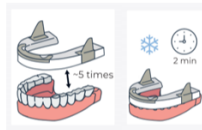
Using thumb pressure, push the wings inward and forward. They should contact the upper mouthpiece and lie in front of the wheels. The lower jaw must be held in 50-80% of maximum forward position. If you don't get it correct, you can go back and adjustment. See fig. below



### Step 7.

#### Remove after 2 minutes

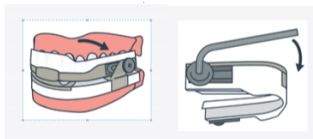
Place your thumbs beneath the wings and press upward.



### Step 8.

#### Remove and Replace

Place the lower back on and remove it again 5 times. Wiggle to stretch it, if tight. Then let cool in the mouth for 2 minutes.



### Step 9

#### Move wheel to meet Wings

Look in mirror to determine the distance between the wheels and the back side of the wings. Loosen the screws, move the wheels to contact the wings. Turn Hex Key clockwise to tighten.

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

## Care and Cleaning

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

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.

### 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



### Control Plastic Shrinkage

The device will tighten each day for several weeks. Therefore, run device under hot tap water for 15 sec before using it.