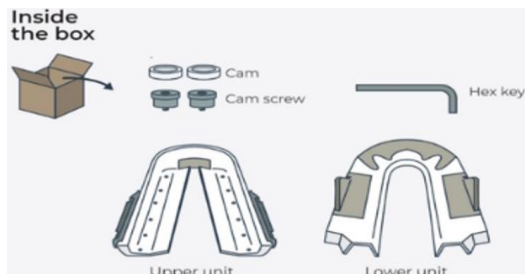


# SleepMD

Anti-Snoring Mouthpiece

## Instructions and Safety Information

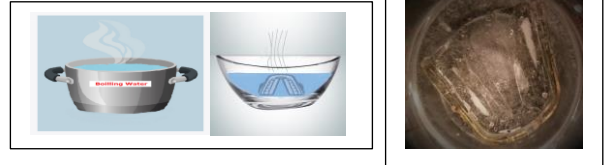
Initially the device will not fit in your mouth. It needs to be heated in hot water to become soft and pliable. If it is too large then trim it. If it is too small, then stretch it to fit your mouth. To control your airway obstruction, the jaw is maintained forward by the interaction between the cams and the wings. Reheating the device will return it back to original shape. It is better to only reheat the area that requires adjustment. Do not heat the entire device.



### Materials required:

Sharp Scissors, Fork, Mirror, Nonstick surface, Bowl and Boiling water

## Upper Splint Molding

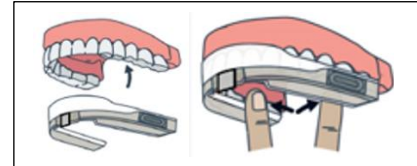


### Step 1

#### Place upper device in bowl and add boiling water

The wheels should be positioned all the way back. Remove with fork as soon as internal plastic parts turn clear. Place on non-stick surface to cool for 10 sec.

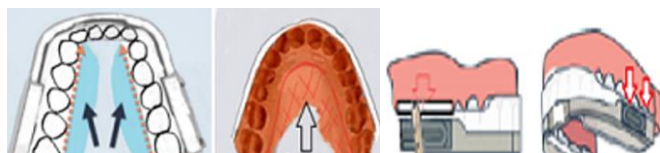
**Don't microwave the bowl used for device. Keep from sticking by moving device with fork.**



### Step 2

#### Place upper device in mouth

Before inserting, touch the metal plates to assure that the device is cool enough to place in the mouth. Then insert it over the teeth while in front of a mirror. Press the plastic around the teeth and into the crevices. Slightly clench to sink teeth into the soft plastic. Pull the upper lip down over the device, flatten the tongue and suck it to the roof of mouth. Remove after 1 minute.

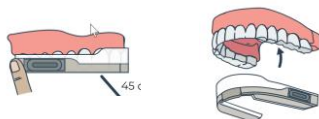


*Remove by pulling down on wheel*

### Step 3

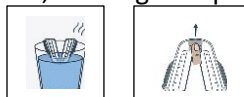
#### Trim Excess Plastic

Use sharp scissors, trim excess soft plastic surrounding the teeth impressions. Place the device back in mouth. Then remove and retrim if too large. Drop device back in hot water for 10 sec before reinserting into the mouth for 1 minute.



### Step 4

**Remove and Replace.** Place index finger above the wheels, pull down and forward at a 45-degree angle. Insert and remove device 5 times while moving it back and forth to enlarge the mold around teeth. If still tight around the front teeth, use finger to push the plastic away from teeth.



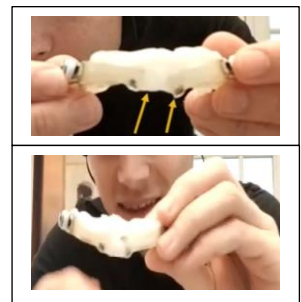
Still tight, drop back into the hot water 10 sec, then reinsert in mouth several times.



### Step 5

#### Let Cool in Mouth

Leave in mouth for 2 minutes to harden. For several 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 to soften the device.



### Step 6

#### Remove Metal Plate

Use scissors to peel the metal plate off from the front of the device. Remove any residual silicone adhesive as well. If irregular, dip the area in hot water to soften and then mold with fingers.

## Lower Splint Molding

Upper splint in mouth before molding



### Step 1

#### Place lower into bowl and add boiling water

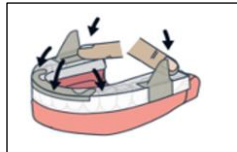
Use a fork to spin device in the water. Once the internal plastic parts turn clear, remove and place on non-stick surface. (wings facing up. 10 sec.)



### Step 2

#### Trim Plastic: Small and Medium Size Mouths (most people)

Quickly cut the plastic behind the wings while plastic is soft. Drop cut surface into the hot water for 5 sec. If you are not sure of your mouth size then it can be done later.

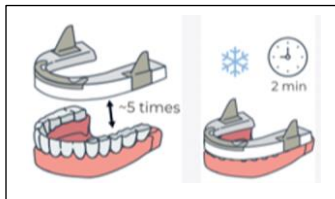


save excess plastic

### Step 3

#### Insert Lower over teeth in front of mirror, 'with upper in mouth'

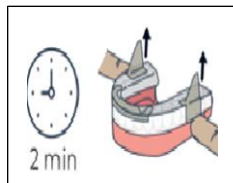
Use index fingers to mold plastic around teeth, inside and out. Extend finger over back molars to separate plastic from upper. Clench slightly to teeth to seat the plastic around all teeth.



### Step 7

#### Remove and replace 5 times to enlarge the mold

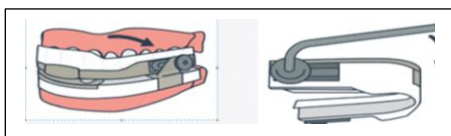
Place thumbs beneath the wings and press upward. Then replace and remove 5 times. Wiggle it to slightly enlarge around the teeth.



### Step 8

#### Let set in mouth for another 2 min.

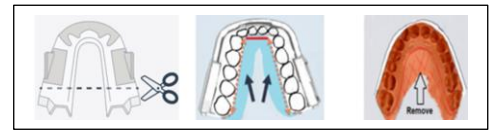
Ensure wings remain in proper position as it hardens.



### Step 9

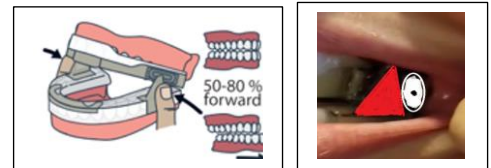
#### Move Wheels to Meet Wings

Look in the mirror to determine the distance between the wheels and the wings. Loosen the screws and move the wheels to contact the wings. Turn the hex screws clockwise to tighten.



### Step 4

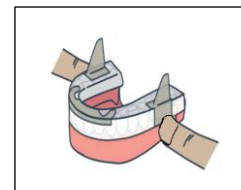
**IF Bulky, trim Excess Plastic around teeth while soft.** Then drop back in the hot water for 10 sec. to smooth cut edges. Now replace back in the mouth.



### Step 5

#### Extend lower jaw, then set wings in front of wheels.

Use thumbs to push wing inward and forward. They should contact the side of the upper and be in front of the wheels. The lower jaw should be 50% to 80% of max forward position for best results.



### Step 6

#### Let harden in mouth for 1 min, then remove.

Confirm wing/wheel position in mirror. Lower teeth should be maintained in front of upper. Place thumbs beneath the wings and press upward to remove.

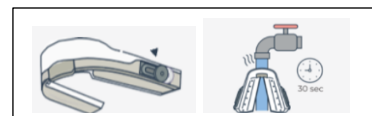
## Care and Cleaning

Use soft toothbrush and warm soaping water to clean your device after each use. Check that the screws are secure before each use. "Efferdent" products can be used. Let air dry.

After removing the device, you may find that your jaw remains slightly forward. If this occurs, then it will usually resolve within 5 minutes. If it remains then lightly bite on a tongue depressor between the back molars. This should be done for 5 minutes per day after each use. This can occur if you clench your teeth

## Additional Adjustments

If you continue to snore while using the device then move the wheels forward 1 mm. Repeat if needed. Maximum extension does not always give the best result



## Control Plastic Shrinkage

The device will tighten after each use for several weeks. Run under hot water each night before use.

Support [contact@sleepmd.com](mailto:contact@sleepmd.com) .....Trouble shooting see Blogs on website