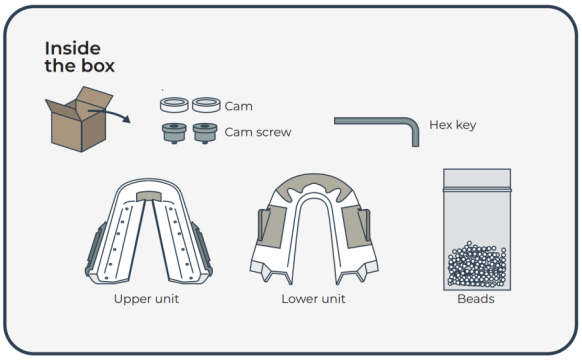
**SleepMD**

**Anti-Snoring Mouthpiece**

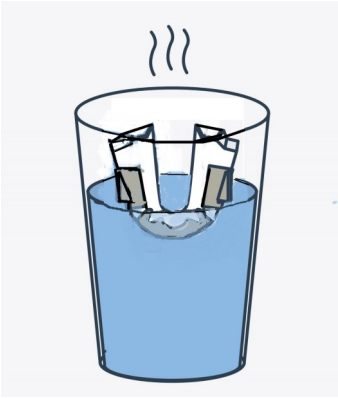
# Molding Instructions V9




## Remove Inserts, check size of lower device

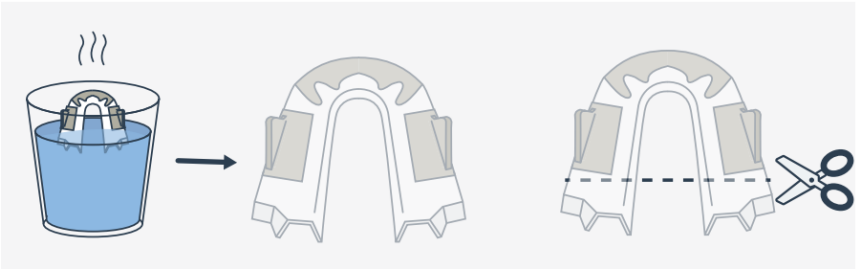
Use edge of scissors to lift out inserts from upper and lower devices. Then store for possible future use. Try on the lower mouthpiece to see if it needs to be widened in order to have your molars fit into the grooves of the lower mouthpiece.

**If you device does not have inserts then skip step**



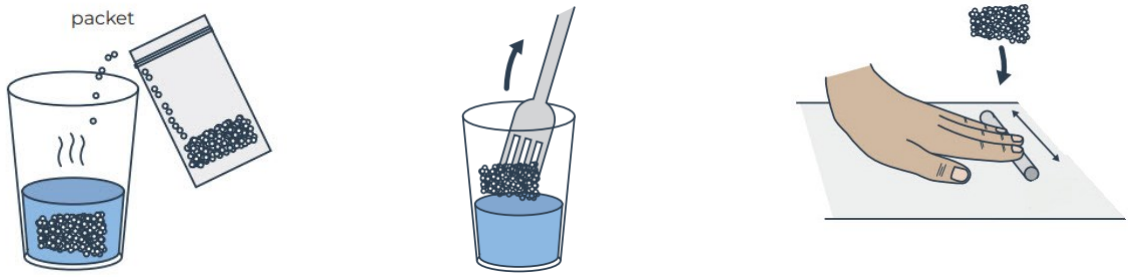
## Insert Lower into hot water

If it does not then hold the front end of lower into boiling water for 10 sec. Adjust the shape to fit over your back teeth.



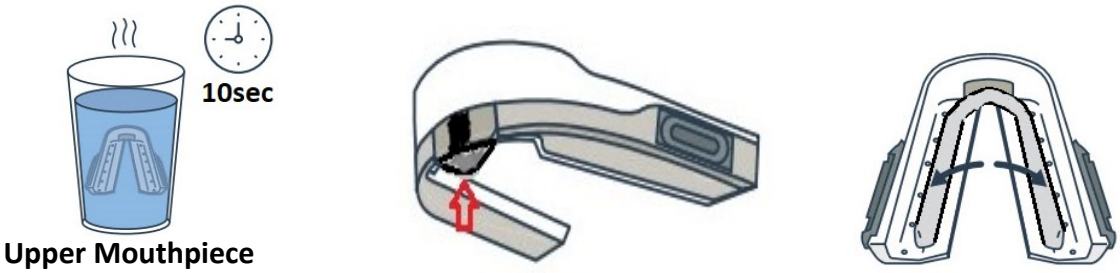
## Trim backend of Lower

Hold the back end of lower mouthpiece into the hot water until the plastic turns clear. Then cut off the plastic behind each wing and place the lower device on a non stick surface. (glass, porcelain. or stone)



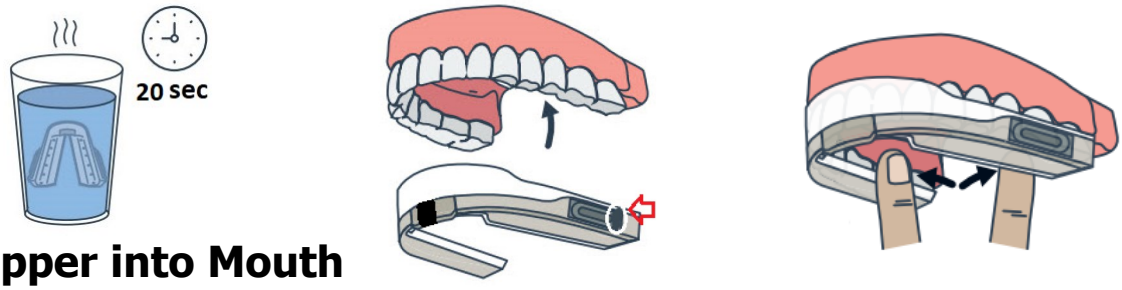

**Beads into boiling water**

Pour 1 bag of beads into hot water. Stir with fork and remove when clear. Roll in hands into cigar shape and place on a non stick surface.



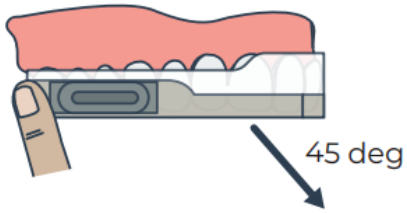

**Plastic into upper**

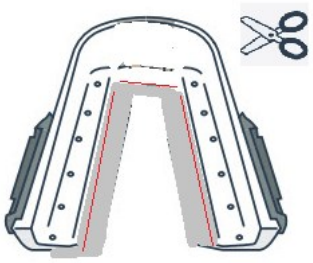
Place the upper device into the hot water. After 10 seconds, remove it and tear off a pea size piece of soften plastic and place it behind the square black plate. Smooth it to fill evenly behind the device. Then place the remainder of the soften plastic strip into the occlusal groove of the upper mouthpiece.

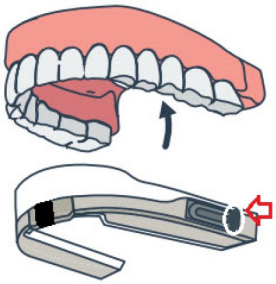



**Insert Upper into Mouth**

The wheel should be positioned all the way back on the device. Then place the upper, with soften plastic strip into the hot the water. Remove after 20 seconds. Touch the wheels to check that it is safe to insert. Then place it over the front teeth and push up over the molars too. Compress the soften plastic into the teeth cervices and behind the front teeth. Let it set for 1 minute.

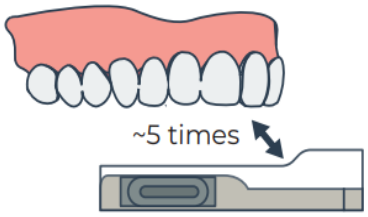




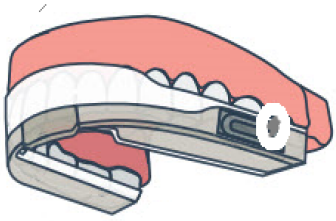
## Remove Upper and Trim

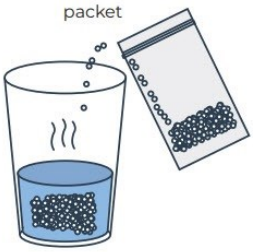
Remove by placing index fingers over the wheels and pulling downward and forward, at a 45 degree angle. Use sharp scissors to excise any excess material adjacent to areas of teeth impression. If the plastic is too hard, then dip the edges in hot water for 10 seconds and try again. Place back in the mouth. It should have a firm grip on your teeth.

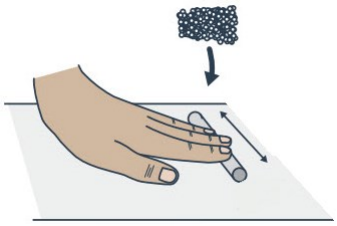


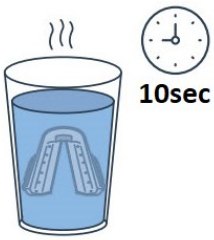

## On and Off 5 times

Remove and replace 5 times and then let set in place for two minutes. During this time, pour out the bowl of water and replace with boiling water.





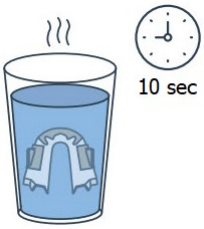


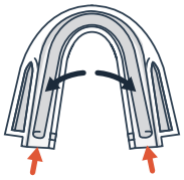



**Lower Device**

## Beads in hot water

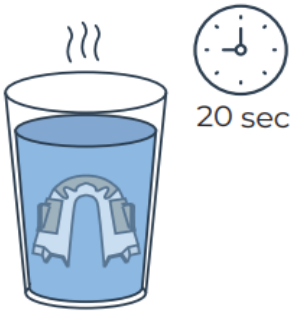
Pour the second bag of beads into the boiling water and stir with a fork. Remove when they turn clear. Roll in hands into cigar shape. Place on a non stick surface.

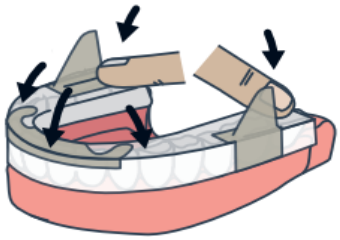


## Lower in hot water 10 sec

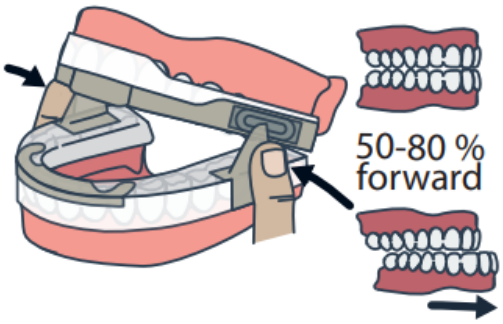
Drop the lower in the water. Remove after 10 sec. Place the soft plastic that you just rolled into the groove of the lower mouthpiece. It is located on the under surface of the device.



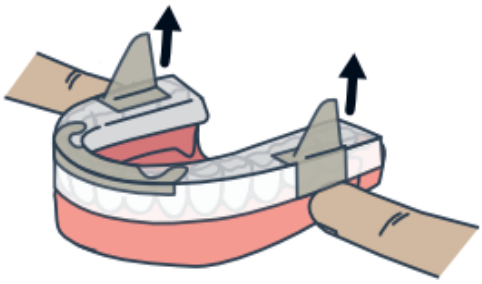
**Lower in hot water—Upper Must Be On**

Place the lower back in the hot water. Remove after 20 seconds and then place over your lower teeth. You most have the upper device **on** when molding the lower. Push the plastic around teeth and into the cervices. Close your mouth and lightly clench to sink your teeth into the soft plastic. Use your fingers to pinch in front and behind the front teeth



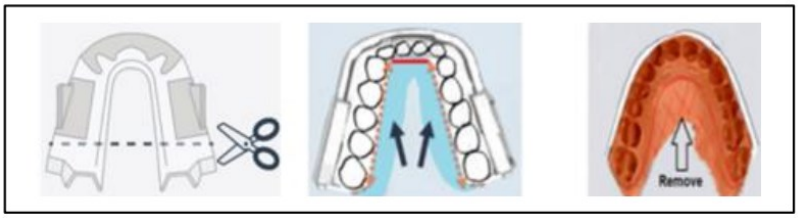

**Wings in front of wheels**

Close your mouth and move the jaw forward 80% of maximum or less if uncomfortable. Use your fingers to push the wings against the upper device and in front of the wheels. They should be straight up so as to not irritate the check.



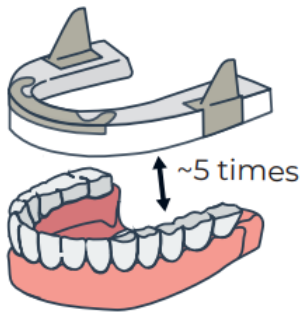
**In Mouth 1 minute**

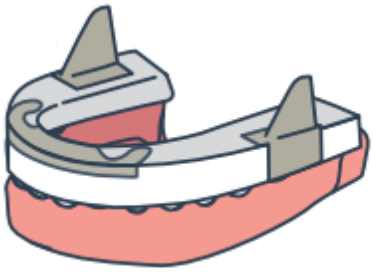
After 1 minute remove it by placing thumbs under the wings and push up.




**Trim Device as need-**

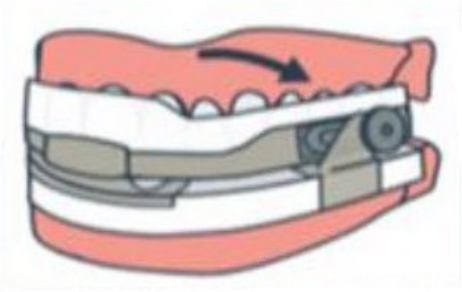
Trim the lower device with sharp scissors as needed.

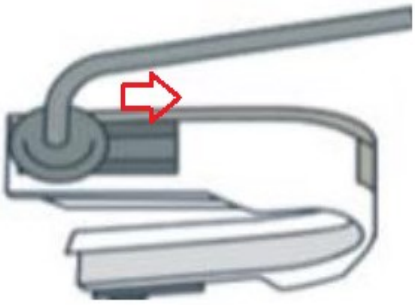


**On and Off 5 times**

If the lower device fits firmly on your teeth, then remove and replace it 5 times. If it does not snap on, you can just leave in place. The device should set in the mouth for 2 minutes. During this time, the lower jaw should remain forward 80% and the wings should be positioned against the upper mouthpiece and in front of the wheels.





**Move wheels to meet wings**

Place your index finger in your mouth and palpate the distance between the wheels and the wings. Or you can pull your cheek back while looking in a mirror to determine the you will need to move the wheel forward to contact the wings. Then remove both devices. Using the hex key, turn counter clockwise to loosen the wheel. Move the wheel forward to abut against the wing and tighten slightly. Over tightening will strip it. Place back in the mouth, move your lower jaw forward and close your mouth. Recheck to see how you have done. Adjust, as needed.

**Next Two Weeks**

The device will shrink for two weeks, so run under hot tap water for 15 sec before using it.

# Maintenance

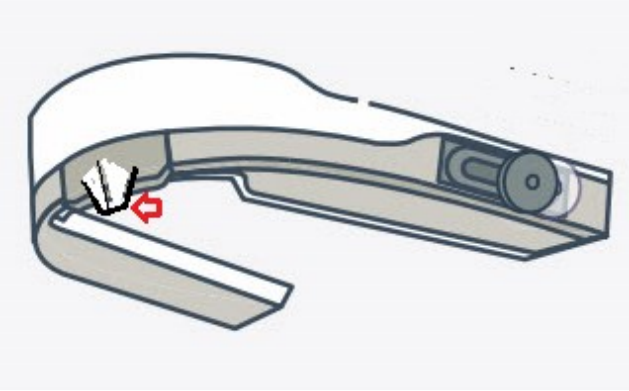
**Daily Cleaning**

Brush device with soap and warm water each morning. Let dry and store on a paper towel. Denture cleaners can be used if desired.

# Trouble Shooting

**Bite change in morning**

If in the morning if find that your lower jaw is still advanced and your teeth don't close properly, this is caused from clenching at night. What you need to do is place a tongue depressor between your back molars. Then lightly clench, alternating sides for 5 minutes. The muscles will reset, allowing you to close your mouth normally.

**Tooth or Jaw Pain**

If you find that the device feels fine when you first put it on but you experience tooth or jaw pain in the morning, it is do to teeth clenching . Adding an anterior step will control it. Let us know and we will show you how to add this