

SleepEase

Guidelines for Use and Care



- Your custom-made appliance, prescribed for your specific needs and carefully manufactured by our expert technical staff, requires essential care to keep it in good operating condition.
- Before placing the appliance in your mouth, be sure to floss, brush your teeth and thoroughly rinse.
- The outer surface of your appliance consists of durable orthodontic acrylic. The interior of your appliance (where it fits against your teeth) consists of thermal-activated acrylic, which requires heating under **HOT** running tap water to soften it. The interior of your appliance must be softened to allow it to flex around the contours of your teeth. Please **DO NOT** attempt to force the appliance onto your teeth without having softened it first. **DO NOT** microwave or boil your appliance.
- The upper portion of the appliance should be seated in your mouth first, using even pressure from your fingers only.
- Do not bite on the appliance to seat it or breakage will occur.
- The lower portion of the appliance should be seated next. Advance your lower jaw forward. Ensure the 'wings' are in front of the 'blocks' on both sides of the upper portion of the appliance.
- Your new appliance is adjustable in the amount of distance that it will hold your lower jaw forward. It would be best if you only advanced your jaw as far ahead as necessary to eliminate your symptoms. Your doctor will perform the first adjustment (if needed) when they fit the appliance to you. You may adjust the appliance at home using the included key. If your symptoms do not subside, use the key to advance the blocks on the left and right side evenly by a maximum of two turns of the key per night.
- After removing the appliance, clean it under running **COLD** tap water. Use a **SOFT** toothbrush and a non-abrasive toothpaste. Please avoid using any toothpaste indicated for whitening as they may contain abrasive material that will damage your appliance. After cleaning, rinse the appliance thoroughly, allow it to air dry and store it in the container provided without soaking.
- Depending on moisture content, your appliance may vary from completely clear to slightly cloudy in appearance. This variation is entirely reasonable for the materials used.

An Important Note

- Store your appliance out of reach of your family pets. They find these appliances very difficult to resist chewing once their owner has used it.
- If you have any additional questions or concerns, be sure to bring them to the attention of your dental care providers.