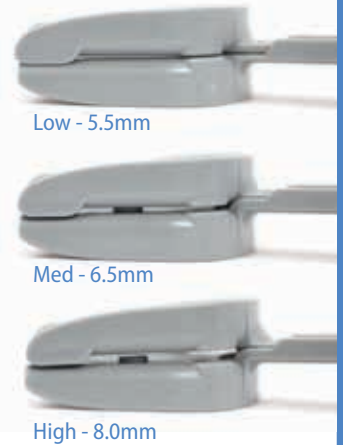


Take the Guesswork Out of Oral Appliance Therapy

- ✓ Settings can be precisely transferred to a custom appliance
- ✓ Fitted by any trained healthcare professional
- ✓ Avoids components that can be swallowed, lost, or dropped
- ✓ Same silicone retention material used by dentists to take impressions
- ✓ Comprehensive training videos at: www.youtube.com/user/sleepusa



Advances mandible
for up to 29 nights



Accommodates full range of arch widths
with 3 vertical sizes



Systematic approach to select
optimal advancement



Advances at 1mm increments
across full range of protrusion
settings

1. Measure equal amounts of base and catalyst. Mix thoroughly to a consistent color. Roll with hands and place in the bottom tray



2. Press down and distribute the retention material evenly to the edges of the bottom tray



3. Instruct the patient to insert the Apnea Guard and bite down firmly for 3 minutes. The bottom tray is now prepared



Maximum work time - 1.5 minutes from start of mixing

Minimum set time - 3 minutes

4. Repeat steps 1-2 for the top tray, remember the material will start to set 1 minute after mixing begins



5. Repeat Step 3 and ensure the patient bites down firmly for 3 minutes to prepare the top tray

6. With the Apnea Guard inserted, instruct the patient to relax their jaw into a neutral position



7. Write the neutral setting number on the tray handle with a permanent marker

8. Instruct the patient to protrude their lower jaw forward as far as possible



9. Write the max setting number below the neutral setting number on the tray handle

10. Locate the neutral and maximum settings on the look-up table to determine the 70% (optimal) setting

MAX	1	2	3	4	5	6	7	8	9	MINIMA
1	3.1									11.5
2	4.5	4.5								11.5
3	5.5	5.5	5.5							11.5
4	6.5	6.5	6.5	6.5						11.5
5	7.5	7.5	7.5	7.5	7.5					11.5
6	8.5	8.5	8.5	8.5	8.5	8.5				11.5
7	9.5	9.5	9.5	9.5	9.5	9.5	9.5			11.5
8	10.5	10.5	10.5	10.5	10.5	10.5	10.5	10.5		11.5
9	11.5	11.5	11.5	11.5	11.5	11.5	11.5	11.5	11.5	11.5



11. Insert the lock to fix the trays at the 70% setting

12. Fold the lock tether under the tray handle



13. Slide the lock cover into place

14. The Apnea Guard is now ready to be worn during sleep



15. Instruct the patient to rinse the Apnea Guard regularly and to stop using after 29 days

