

Oral Device

snoreeze
Snoring Relief

Loud snoring & sleep apnoea

The Snoreeze Oral Device is designed to reduce snoring or mild-to-moderate sleep apnoea by holding your lower jaw in the right place. This opens your airway and helps you breathe easily.

If you suspect that you have sleep apnoea, we recommend that you visit your doctor as soon as possible.

Please read the precautions and recommendations on page 15 before following these instructions. It may be useful to familiarise yourself with each step before you begin the moulding process.

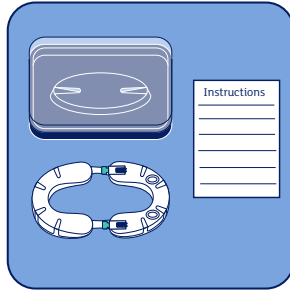
We advise you to watch our step-by-step instruction video at: snoreezeoraldevice.com/how-to-fit

Moulding your Snoreeze Oral Device

1. Before you begin, make sure you have everything you need to mould your Oral Device.

In the Snoreeze Oral Device box there should be:

- Oral Device
- Instruction leaflet
- Oral Device case

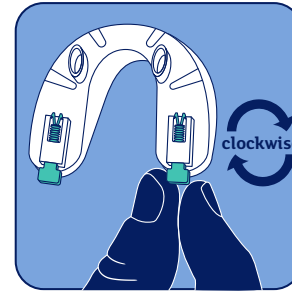


You will also need:

- Mirror
- Measuring bowl or jug approximately 1 litre or more capacity
- Access to a cold water tap
- Kettle (or pan to boil water in)
- Timer (most phones have a timer)

IMPORTANT: We recommend rinsing your Oral Device under cold, running water before starting the moulding process.

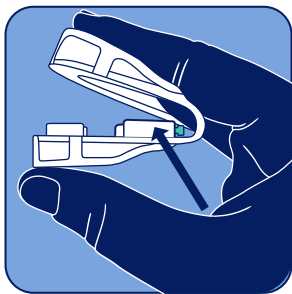
2. Turn the screws clockwise on each side of the Oral Device until they are fully screwed in. It's easier to turn the screws if you fold the two parts of the device together inside out (with the blocks and screws on the outside).



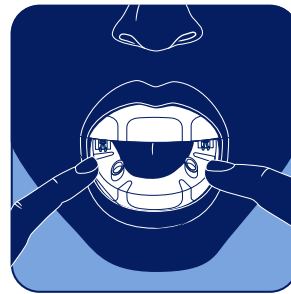
TOP TIP: Don't screw them in too tightly or you will struggle to adjust your Oral Device later on.

IMPORTANT: Make sure the head of each screw lies flat parallel to the strap, as shown in the picture.

3. Fold the Oral Device so that the adjustment blocks and coloured screws are on the inside, in between the top and bottom tray.



4. Make sure you have the Oral Device the right way up with the block, spacer, screws and tray on your lower teeth. Practise putting it in your mouth until you are used to it.



TOP TIP: Look in the mirror as you put the Oral Device in your mouth to help you place it centrally on your teeth.

IMPORTANT: The bottom tray of the Oral Device is the side with the adjustment blocks and spacers on.

5. Fill a bowl/jug with 100ml of cold tap water.

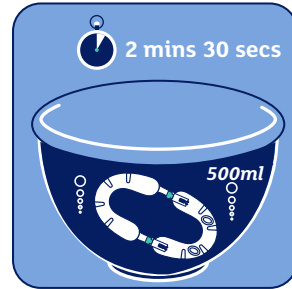


6. Add to the bowl/jug 400ml of boiling water. Now there should be 500ml in total in the measuring jug.

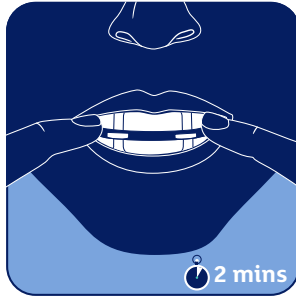


$$\begin{array}{r} 100+ \\ 400ml \\ = \\ \mathbf{500ml} \end{array}$$

7. With the Oral Device fully flat and with the blocks and screws underneath, place the Oral Device in the water until it is completely immersed. Leave it to soften in the water for 2 minutes and 30 seconds.

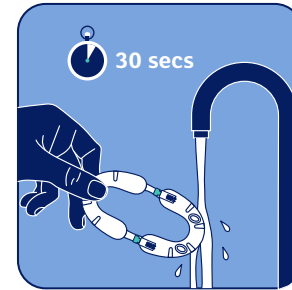


8. Remove the Oral Device from the bowl/jug using a fork. Place the Oral Device in your mouth with the spacers & blocks on your lower teeth, making sure your teeth are within the channels. Bite down firmly. Use your fingers to press the Oral Device against your teeth as this will ensure a better fit. Keep it in place for 2 minutes.



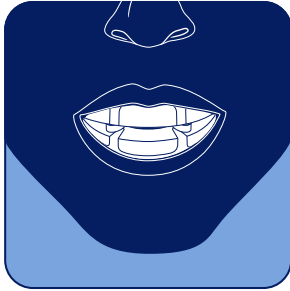
IMPORTANT: Some of the white plastic may 'spill out' of the tray. This can be trimmed after the moulding process has been completed.

9. Carefully remove the Oral Device from your mouth and immediately place it under cold running water for 30 seconds to set the moulding.



IMPORTANT: This step should be completed immediately after removing the Oral Device from your mouth to make sure the mould is set in place.

10. Place the Oral Device in your mouth and check that it fits securely and sits centrally on your teeth.



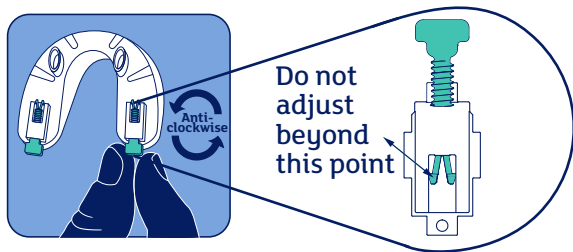
TOP TIP: Once you are happy with the moulding of your Oral Device, you can use scissors to remove any white plastic that has spilled out of the tray.

IMPORTANT: The moulding process can be repeated up to 3 times if you are not satisfied with the results of your moulding.

Adjusting your Snoreeze Oral Device

Now that you've moulded your Oral Device, it's time to adjust it to the right setting.

11. The screws on your Oral Device should be fully screwed in for the first few nights. If you find that you're still snoring, turn the screws anti-clockwise by 180 degrees, and test the new setting out for 2-3 nights. You can repeat this until your snoring is reduced, or has disappeared.



TOP TIP: If you experience pain/discomfort because you have set the adjustment too far forward, you can move the position of the lower tray back by turning the screws clockwise.

IMPORTANT: Adjust your Oral Device slowly. You are aiming for the minimum amount of adjustment needed to reduce your snoring/sleep apnoea.

Using your Snoreeze Oral Device

You might experience some discomfort when first using the Oral Device - this is normal and to be expected. There are also some side-effects you might experience which are completely normal:-

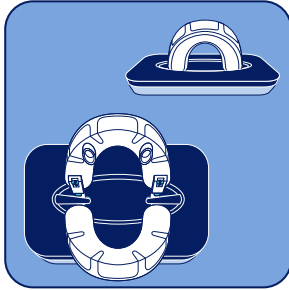
1) When first using your Oral Device, you may experience excess salivation. This normally reduces within a few days to a few weeks of wearing your Oral Device.

2) You may also experience tooth sensitivity, muscle tenderness, or a feeling that your teeth are misaligned upon waking and removing your Oral Device. These side effects should go away within a few hours of waking, and should greatly reduce over the first few weeks of using your Oral Device.

Depending on usage, the individual, and the cleaning regime, the Snoreeze Oral Device should typically last up to 6 months. If you suffer from bruxism (teeth grinding) the Oral Device will help with this, but may wear out more quickly.

Cleaning your Snoreeze Oral Device

- Always brush your teeth before using your Oral Device.
- We recommend cleaning your Oral Device with cold water and a SOFT toothbrush every day after taking it out in the morning.



TOP TIP: If you hook the Oral Device onto the closed case, as shown in the picture above, it provides a great place to dry your Oral Device without it touching any unclean surfaces.

IMPORTANT: We don't recommend using toothpaste to clean your Oral Device, as it can be abrasive and cause damage.

Recommendations

If you are worried that you may be suffering from sleep apnoea, we recommend that you visit your doctor. We always recommend consulting your dentist if you have had 4 or more adult teeth removed or have any dental concerns or issues about using this Oral Device.

Discontinue use immediately if:

- You experience severe pain in your jaw, teeth or gums
- Your snoring becomes worse
- You have difficulty breathing while using the Oral Device

If you experience severe pain in your jaw, teeth, or gums that does not subside after discontinuing use of the Oral Device, we recommend that you visit your dentist or doctor.

We do not recommend using this Oral Device if:

- You have a severe respiratory disorder, such as asthma or emphysema
- You are suffering from central sleep apnoea
- You have been diagnosed with a joint disorder related to the jaw
- You have severe jaw pain, loose teeth, or advanced periodontal disease
- You have full or partial dentures that are removed at night, leaving you with few teeth
- You wear fixed braces or a retainer at night
- You have a severe overbite (also known as an 'overjet', where your upper teeth sit very far in front of your lower teeth)
- You are under 18 years old

If any of the above apply to you, discontinue use of the Oral Device and seek advice from your dentist.

Use of this Oral Device may cause:

- Tooth movement or changes to your teeth and jaw which alter your bite and/or dental occlusion over longer-term use
- Dental sensitivity after removing the Oral Device
- Gingival (gum) or dental soreness
- Pain or soreness of the jaw
- Excessive salivation (which should stop once you get used to wearing the Oral Device)

Inspect your device before each use and when cleaning look for wear and tear. Do not use broken or damaged devices.

If you have any further questions about using the Snoreeze Oral Device, please visit our FAQ page: snoreezeoraldevice.com/faqs

Help is also available online via our website LiveChat.



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