

Loud snoring & sleep apnoea

snoreeze
LabFit

Lab-made Oral Device

Congratulations!

With your LabFit oral device, you're closer than ever to the sleep you deserve. The device is designed to alleviate snoring or mild-to-moderate sleep apnoea by holding your lower jaw in the right place, keeping your airway open and clear.

How to use your LabFit device

Before using your LabFit for the first time, rinse the device under cold water to clear away any disinfectant/cleaning residue.

Please read the precautions and recommendations on page 10 before following these instructions. You might experience some discomfort when first using the LabFit oral device – this is normal and to be expected.

If you've used an oral device before:

Aim to adjust your LabFit to the setting of your previous oral device. Try to do this in stages rather than all at once.

If you haven't used an oral device before:

For the first few days, it may be helpful to wear your LabFit for an hour in the evening to help your mouth grow accustomed to the device.

The screws on your LabFit 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.

(CAUTION: Do not extend the screw beyond the point where the split in the screw enters the block.)

If you experience any discomfort when wearing your LabFit device, you can easily change it to a different setting. Before you do this, remember that it's important to adjust your LabFit slowly - you're aiming for the minimum amount of jaw advancement needed to reduce your snoring or sleep apnoea. Simply turn the screws on the LabFit oral device in a clockwise direction: this will help move your jaw backwards, and any tension should disappear.

If you'd like more information about using your LabFit device, visit www.snorezeoraldevice.com/labfit for a step-by-step adjustment guide.



Caring for your LabFit device

It's a good idea to clean your LabFit oral device every day. Follow these do's and don'ts to make sure your LabFit stays in great condition.

DO:

- **Do** brush your teeth before using your LabFit. Place your LabFit device under running lukewarm water, and clean it with a soft denture brush each morning (a coarse brush could damage the inner layer of the device).
- **Do** make sure that the LabFit has no visible particles on it (like bits of food), and rinse it thoroughly under the water again.
- **Do** dry your LabFit once it's clean with a tissue or towel and place the LabFit device back in its storage box.

DON'T:

- **Don't** place your LabFit in boiling water, or in water warmer than 45°C. By doing so, you could damage the plastic of your LabFit device.
- **Don't** use toothpaste or mouthwash to clean your LabFit – only use lukewarm water.
- **Don't** use household cleaning products or alcoholic solutions for cleaning your LabFit device.



Replacing your LabFit device

You can expect your LabFit device to last over 6 months (if you clean it and look after it well). Teeth-grinding can wear out an oral device more quickly, but your LabFit should help reduce any teeth-grinding.

It's time to replace your oral device when:

- There are signs of damage, cracks or flaws.
- There's a loss of retention – the LabFit no longer fits snugly around your teeth.

If you have any dental work done, you might also need a new LabFit oral device. Changes in your dental profile (such as crowns, bridges or fillings) could affect how the LabFit device fits your mouth. Always talk to your dentist about whether any dental work means you should stop wearing your LabFit.

Need some advice?

We're here to help whenever you need us. Just call us on **0151 550 4705**, or send an email to info@passionforlife.com.





snoreeze
LabFit
Lab-Made Oral Device

Loud snoring & sleep apnoea

snoreeze
Snoring relief

LabFit Custom Oral Device



Congratulations!
With your custom LabFit oral device, you're closer than ever to the sleep you deserve. The device will help treat your snoring or moderate sleep apnoea by gently holding your lower jaw in the right place, keeping your airways open and clear.

Precautions

Discontinue use immediately if:

- You experience pain in your jaw, teeth or gums
- Your snoring becomes worse
- You have difficulty breathing while using the LabFit oral device

We do not recommend using the LabFit 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 dentures that are removed at night, or partial dentures that are removed at night, leaving you with a few teeth
- You wear fixed braces or a retainer at night
- You are under 18 years old

Use of this Oral Device may cause:

- Tooth movement or changes in dental occlusion
- Dental sensitiveness after removing the LabFit
- Gingival (gum) or dental soreness
- Pain or soreness of the jaw
- Excessive salivation (which should stop once you get used to wearing the LabFit oral device)

If you're worried that you might be suffering from sleep apnoea, we recommend that you visit your doctor as soon as possible. We would also recommend consulting your dentist before using the LabFit oral device, and in all cases after 6 months of use.

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

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



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