



IMPRESSION INSTRUCTIONS

Please read this entire instruction leaflet **before you begin**. The process is time-sensitive, so you will need to familiarise yourself with each step to avoid mistakes later on.

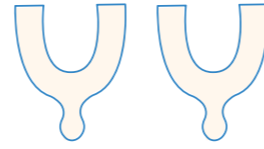
You can also watch a step-by-step video at: www.snoreeze.com/product/snoreeze-labfit-oral-device



BEFORE YOU START

Check you have everything you need. Your LabFit impression kit should contain:

TRAYS AS LABELLED



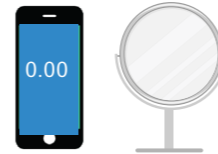
PUTTY:

- 3 pots of white putty
- 3 pots of blue putty
- 2 bags for returning your impressions
- Pre-paid envelope



OTHER THINGS YOU WILL NEED:

- A timer
- A mirror
- A towel (you might dribble)



LET'S GET STARTED

You'll be making two impressions, one for your upper teeth and one for your lower teeth.

Choose the right size trays for your mouth. Your teeth should rattle in them – they shouldn't be a snug fit as you'll need extra room for the putty. Make sure the trays cover your back molars.

We'll need an impression of both your upper and lower teeth. If the supplied trays don't fit properly, don't worry; just contact us (contact details can be found overleaf) and we'll send trays that suit you better.

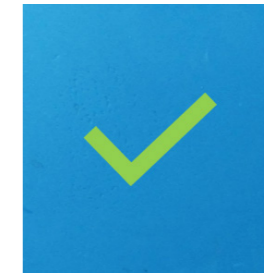


Make sure you clean your teeth before you start.

1 START

NOTE: Steps 1 to 4 will take a total of **6 minutes 30 seconds** to complete.

Remove the contents of 1 pot of blue putty and 1 pot of white putty. Start your timer, and let it run continuously. It should take about **30 seconds** (of your 6 minutes 30 seconds) to mix together the blue and white putty. Keep folding the putty over and over until it becomes one solid colour (as shown below).

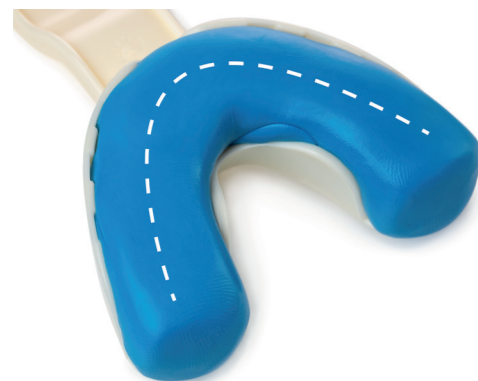


TIP: Don't worry if it takes slightly longer than 30 seconds. It's important that the putty is mixed properly.

2 ROLL

Roll the putty into a cylinder about 4 inches long (using the guide on the right), and place it into the tray. It should take about **30 seconds** to do this.

Make sure the putty is evenly distributed in the tray, and fills it completely, as the putty needs to capture all of your teeth (see below).



3 TAKE THE IMPRESSION

Look into a mirror and place the tray on top of your lower teeth. Align your teeth in the tray using the example below. You'll need to align the handle with the middle of your front teeth.

Bite down, and stop once your teeth touch the bottom of the tray. Make sure that this is completed in one movement. Pull your lip over the tray, as this will help capture your gum line. Using your fingers, press the tray onto your teeth (this will help capture the correct depth of your teeth).



Align your teeth in the tray as shown by the red area.

4 WAIT

Leave the tray in your mouth until your timer shows 6 minutes 30 seconds. Don't be tempted to pull it out early before it's ready. **Don't move or adjust the tray** while you're waiting, as this will result in an unsuitable impression. If you need to stabilise the tray, use your fingers to push the tray up on to your teeth and hold it in place (do not use the handle). You may dribble during this part of the process.



5 REMOVE

After the 6 minutes 30 seconds has passed, carefully remove the tray vertically from your mouth. If the tray doesn't lift easily from your teeth, place your fingers either side of the tray with your thumbs underneath and pull down vertically. It may be easier to remove the tray this way, rather than by using the handle.

Once the tray is out, **don't remove the putty from the tray** – we need you to send your impressions back to us as they are.

Please turn the page over.

6 CHECK

Your impression should look like the example below. (It's important that you capture your gum line in the putty.) If you make a mistake, don't worry: you can reattempt your impression using the extra pot of putty provided. Just remove the putty from the tray and start the process again.

GOOD EXAMPLES

✓ Gum line is visible with good, deep impression of the teeth.



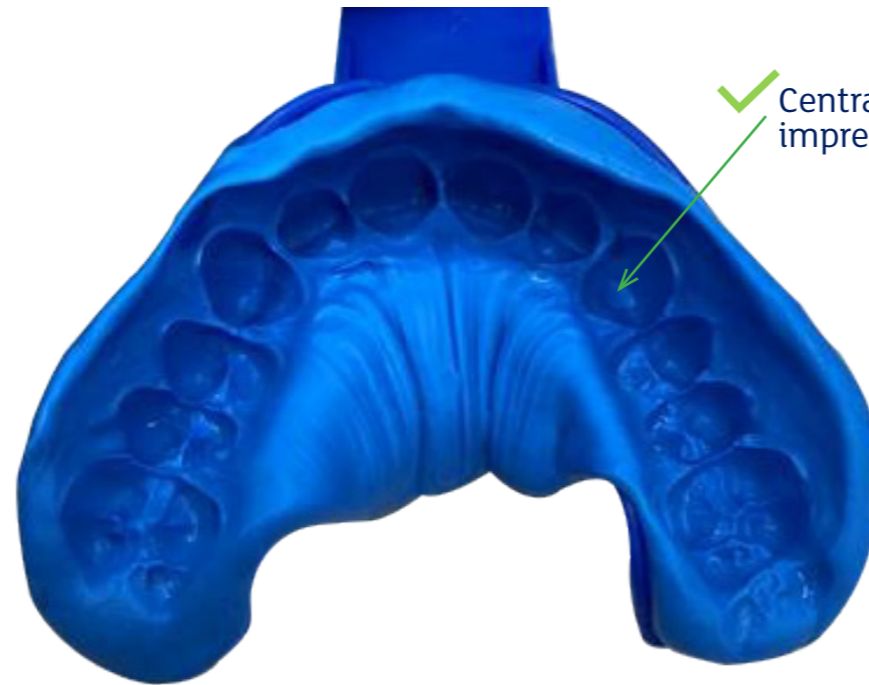
7 RINSE

If you're happy with your impression, rinse it under cold running water. Shake off any excess liquid, and leave it in a safe place to dry.

8 REPEAT

Repeat steps 1–7 with the upper tray for your upper teeth.

✓ Centrally located, deep impression.



BAD EXAMPLES

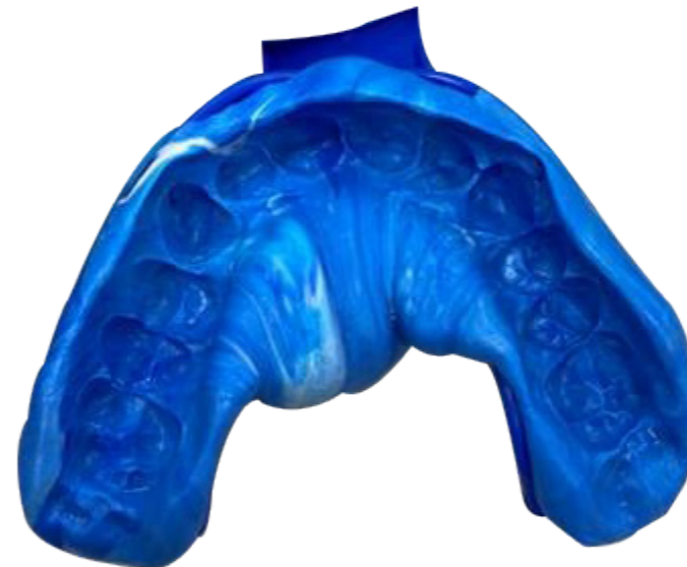
✗ Impression distorted. Teeth have rubbed against the tray, piercing the putty.



✗ Shallow impression and no gum line showing.



✗ Putty not mixed properly.



9 PHOTO CHECK

To avoid any delays in creating your LabFit, we recommend that you email a clear photo of your impressions to us before you post them. We can advise whether your impressions are suitable for our lab technicians to use. Please send your photos to customerservice@passionforlife.com. Try to take good quality photos (similar to the impression example photos). A clear photo will help us assess the depth of your impression, and whether your gum line has been captured.

10 SEND

Once your impressions have been approved, you'll be ready to send them to us. Seal your impressions individually in the clear bags provided, and place in the prepaid envelope (UK only). The impressions are coded, so there's no need to attach any documentation. Once we've received your impressions, we'll email you to let you know they've arrived safely. You can expect your LabFit Oral Device to arrive within 10 working days.

If you have any questions, comments or concerns, please don't hesitate to get in touch. You can reach us via:

- Website Live Chat
www.snoreeze.com
- By emailing us at
customerservice@passionforlife.com
- By calling us on
01244 986080

Contains:

Putty – Polyvinyl Siloxane (Silicone)

Trays – Polystyrene

If you are allergic to any of the above components, please do not use.

Precautions:

- If you experience any tingling, a burning sensation, or any other symptoms of an allergic reaction, remove immediately and do not re-use before seeking medical advice.
- If any putty is swallowed, please seek medical advice.

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