

SNOREMD®

INSTRUCTION BOOKLET

Micro-adjustable Snoring Mouthguard
SnoreMD is intended for the use on adult patients 18 years of age or older as an aid for the reduction of snoring

www.snoremd.com

CONTRAINDICATIONS

SnoreMD should not be used by patients who:

- Have central sleep apnea
- Under the age of 18
- Have a history of TMD, temporomandibular disorder
- Have received dental implants within the past year
- Have loose teeth, abscesses, or severe gum disease
- Have a history of chronic asthma, emphysema, or any respiratory disorder, unless approved by their physician
- Wear dentures, braces or other dental appliances

WARNING

Use of SnoreMD may cause:

- Tooth movement or changes in dental occlusion
- Gingival or dental soreness
- Excessive salivation
- Obstruction of oral breathing
- Pain or soreness to the temporomandibular joint.

Users should consider his or her medical history, including history of asthma, breathing, respiratory disorder or other relevant health problems, and consult a healthcare provider before using SnoreMD.

CUSTOM FITTING INSTRUCTIONS

Materials required for custom fitting are:



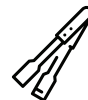
Timer



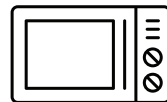
Cup of Water



Heat-resistant Cup



Spatula or Tongs



Microwave

CUSTOM FITTING STEPS:

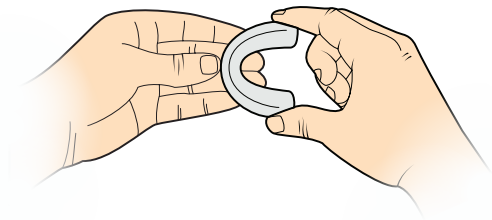
Video instructions are available at snoremd.com/fitting

1. Ensure SnoreMD is set on the factory setting of 1 mm.
2. Use a microwave to bring a mug of water to a full boil.
3. Submerge SnoreMD into the boiled water for ***precisely 2 minutes***. Remove the device using a spatula or tongs.
4. Quickly dip SnoreMD into a cup of tap water for 1-2 seconds to remove any hot water.
5. Take your SnoreMD and make sure the word 'UPPER' is aligned with your upper teeth. Now, bite down firmly into the device for 30 seconds.
6. Remove SnoreMD from your mouth and place it in bowl of tap water for three minutes to set the impression.

SnoreMD should display prominent teeth marks after the custom fitting procedure. If this does not occur, repeat steps 1-6.

ADJUSTMENT INSTRUCTIONS

Video instructions are available at snoremd.com/support



1. Hold SnoreMD in the “C” position in your left hand. Simultaneously Squeeze in both sides of the upper jaw piece with your right thumb and forefinger. If required, use your left fingers as shown to assist movement.
2. To advance the lower jaw piece forward, slide the upper tray in the 1 to 6 direction.
3. To reposition the lower jaw piece backwards, “rock” the upper tray from side to side in the 6 to 1 direction.
4. Gradually adjust SnoreMD in 1mm increments every night until improvement is noticed.
5. Make sure both sides of the device are adjusted to the same setting at all times.

USER INFORMATION & INSTRUCTIONS

- Brush your teeth before using SnoreMD.
- Your SnoreMD has been custom-fitted to your mouth and should not be used by anyone else.
- SnoreMD works best if you sleep on your side or stomach. Specially designed pillows and “leg pillows” are available to help you stay on your side during sleep.
- Some people may experience excessive salivation, dry mouth and tenderness of the jaw, teeth and gums during initial use of SnoreMD.
- If you wake up in the middle of the night and are bothered by your SnoreMD, just take it out and go back to sleep. Each night, you should be able to sleep longer with your SnoreMD. In just a few nights, you should be sleeping with reduced snoring through the entire night.

NOTE: It is recommended to wear SnoreMD for a few hours during the day for 1-3 days before wearing it at night. This allows your body to acclimate to the device in your mouth.

CARE & HANDLING

- Store SnoreMD in its case in a cool, dry place. SnoreMD should be stored at temperatures between 40 degrees and 90 degrees Fahrenheit.
- Gently brush SnoreMD with your toothbrush and toothpaste after each use. To best clean, disinfect, and freshen SnoreMD, use Aseptic Guard® spray.
- **Do not use harsh chemicals or household cleaning products like bleach or ammonia.**

CAUTION

If you experience prolonged discomfort, bleeding, loose or moving teeth, excess jaw pain, limited jaw movement, bite changes or other problems that may be associated with using SnoreMD immediately discontinue use and contact your dentist or physician for advice. [Advise your dentist during your periodic examinations that you are using SnoreMD.](#)

Any patient who believes they may have sleep apnea should consult their health care professional. SnoreMD is not for the treatment of sleep apnea.

QUESTIONS

support@snoremd.com



APNEA SCIENCES CORPORATION

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Receive a free Aseptic Guard® cleaning spray to protect your device from bacteria, odor, plaque buildup and stains.

Visit asepticguard.com/snoremd to claim your bottle.*

*Terms and conditions apply. See website for details.

SnoreMD is FDA Classified: OTC
Part No: MDB020 Rev 1

Eff. Date: 10/11/19