



Instruction Manual

## **Intended Use**

VitalSleep® is intended to help reduce snoring in adults.

## **Getting the Most Out of VitalSleep**

Before using VitalSleep, read and follow this entire instruction manual.

This is vital to the success of VitalSleep.

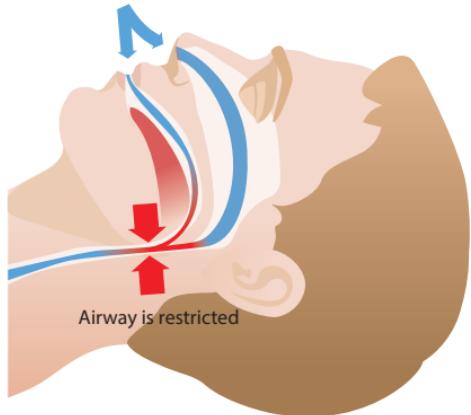
## What Causes Snoring and How Does VitalSleep Help?

Most snoring is caused by a partial obstruction of the upper airway behind the tongue. When the airway is partially obstructed, the turbulent airflow can cause the tissues of the nose and throat to vibrate. This vibration gives rise to snoring.

VitalSleep helps to reduce snoring by moving your lower jaw forward to open your airway.

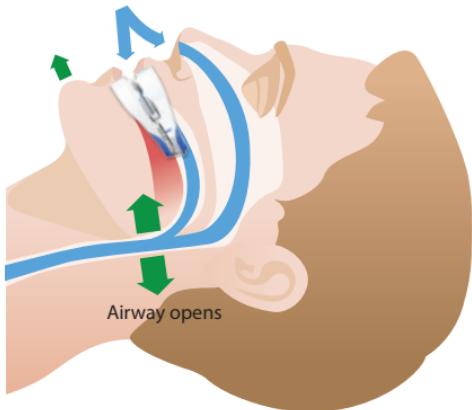
Without VitalSleep

Airway is restricted



With VitalSleep

Air flows in



## **Is VitalSleep for Everyone?**

**You should NOT use VitalSleep if:**

- You have or may have central sleep apnea
- You have severe respiratory disorders, such as asthma or emphysema
- You have temporomandibular joint disorder (TJD)
- You have jaw pain or clicking, loose teeth or advanced periodontal disease
- You wear braces or are undergoing orthodontic treatments
- You had a dental implant within the past 12 months
- You are less than 18 years old

## **Warning**

### **Use of this device may cause:**

- Tooth movement or changes in dental occlusion
- Gum or tooth soreness
- Pain or soreness of the temporomandibular joint or jaw joint
- Obstruction of oral breathing
- Excessive salivation
- Changes to your bite

## Getting Started

We recommend allowing yourself to get accustomed to VitalSleep by wearing it for a short time before going to bed. With regular use, you should be able to sleep more comfortably and for longer periods of time with VitalSleep.

## Materials Required for Fitting

You will need:

Water and a pot,  
tongs, a mug,  
a timer or watch  
that shows  
seconds, and  
a mirror.



## Custom Fitting Instructions

1. Fill the mug with cold water.
2. Add water to the pot and bring to a **low boil**.
3. Determine the top tray of the mouthpiece by locating the UP arrow on the backside. It should point up as shown.



4. Using the tongs, submerge the mouthpiece in the boiling water for 45 seconds.



5. Carefully remove the mouthpiece and place it in the mug of cold water for 3 seconds.



6. Making sure the arrow is pointing up, use the mirror and place the device in the center of your mouth. Bite firmly for 30 seconds to create your custom impression. You can also push the trays into your teeth with your finger tips.



7. Remove VitalSleep from your mouth and place it in the mug of cold water for 30 seconds to set the impression.

## Adjusting VitalSleep

For the first few nights we recommend sleeping with the device without the lower tray in a forward position. This will help your mouth get accustomed to it.



After this initial period or if your snoring has not reduced you can start to advance the lower tray forward.

When making adjustments be sure to set both sides to the same position.

Using the included tool, turn each screw clockwise to the same mark on the indicator to bring the lower tray forward.



If snoring doesn't reduce, advance the lower tray forward in small increments.

## **Getting Used to VitalSleep**

Light soreness may occur for the first few days. When you wake up after using the mouthpiece your jaw may be in a slightly forward position. This is normal because your jaw has become used to that position while sleeping. It will return to normal after removing the mouthpiece.

## Cleaning and Storage

Clean the device after each use as follows:

- Rinse the mouthpiece with cold water.
- Use a soft toothbrush with toothpaste and brush the entire mouthpiece.
- Rinse again thoroughly with cold water.
- Dry the mouthpiece and store in the included protective storage case.

You may also clean VitalSleep by soaking it in denture cleaner.



## **Notice**

Have your dentist or medical doctor perform a complete oral health assessment to ensure the suitability of VitalSleep.

If your jaw or teeth are sore during or after using the mouthpiece reduce the forward position of the bottom half.

Discontinue use immediately if you experience jaw, tooth or gum pain, loose or moving teeth or prolonged discomfort. If these symptoms persist, contact your dentist.

Unless otherwise directed by a dentist or physician, VitalSleep is to be used to reduce snoring. By using this device you confirm that you have a good understanding of any medical conditions you may have. Keep out of reach of children.

If you experience any adverse reaction with use, discontinue use and contact a medical professional.

**Congratulations on Taking Your First Step  
Toward a Good Night's Sleep!**



## **Indemnity**

The Buyer shall indemnify, defend, and hold harmless The Snore Reliever Company, LLC, its subsidiaries and affiliates (collectively "the Company"), its employees, agents, successors, officers, managers, members and assigns, from any lawsuits, losses, claims, demands, liabilities, costs and expenses (including attorney and accounting fees) that the Company may sustain or incur arising from (a) the Buyer's improper use of the products, including without limitation to storage, handling, and transportation of products, (b) use of the products by a third party with the Buyer's authorization, (c) use of the products by a third party without the Buyer's authorization, where such unauthorized use is due to the Buyer's negligent act or omission, or willful misconduct, (d) the Buyer's failure to comply with any applicable laws and regulations or to obtain any licenses or approvals necessary to purchase and use the products, or (e) the Buyer's breach of any of its obligations set forth in these terms and conditions, in the instructions for use and care, or in this Agreement. The Company will provide the Buyer with (i) prompt written notice of such claim of which the Company is aware; (ii) control over the defense and settlement of such claim; and (iii) proper and full information and assistance at the Buyer's expense to settle and/or defend any such claim. Notwithstanding the foregoing, Buyer shall not settle any such claim, suit or proceeding without the written consent from the Company, which shall not be unreasonably withheld.



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