

sleepPro standard fitting instructions

Please read these instructions before fitting your sleepPro standard



Helpful Hints

Please follow the fitting instructions very carefully and please note SleepPro's may be unsuitable for people with bridgework. If your Sleep Pro standard does not work straight away on the first night, then it needs to be remoulded. Do not persevere in the hope it will get better. It will not. It needs to be remoulded – you might be astonished at the difference this can make.

For example,

- if you are still snoring, then you may need to remould the sleepPro standard with your jaw further forward. If your jaw muscles hurt, then you may need to remould it with your jaw less far forward.
- if it stops you snoring, but then your jaw drops out and you start snoring again, then you need to remould it taking extra care to push the mouthpiece against your teeth with your fingers and tongue during the moulding process, or upgrade to a sleepPro custom.
- Should you have any problems fitting your sleepPro standard, please read our Frequently Asked Questions and Answers page. It has lots of information about what to do if your sleepPro standard does not work.

The white plastic insert that comes with the SleepPro is very important. It is only used during the fitting process and is designed to keep the breathing holes open during the fitting process. It has another useful function and that is as a way of seeing whether you have pushed your jaw forward, as it will rise like a drawbridge when your jaw goes forward. Once you have completed the fitting, you should remove it, but keep it somewhere safe in case you decide to redo the fitting at a later date.

What to expect in the first weeks:

Your partner will know whether the device works for you on the first night. However, it can take anything from a few days to a couple of weeks to get used to wearing a sleepPro standard. As soon as you know that pushing your jaw forward stops you snoring, even if only for a short while, you can then consider upgrading to our sleepPro custom, in the confidence that it will also work and that it will be easier to wear through the night. Or, like many of our customers, you may choose to keep using a sleepPro standard. Some people tell us that for the first few nights they have difficulty keeping the mouthpiece in their mouth for the whole night, or it may fall out while asleep. This is normal and improves with time. Some people wear the mouthpiece for short periods during the day while they get used to it. Note: you are less likely to have these problems with a custom-made splint, like our sleepPro custom.

The splint will feel more comfortable with time. Many people experience discomfort in the front teeth during the settling-in period. This is normal and usually disappears shortly after removing the mouthpiece. However, if the discomfort is excessive, or you feel that damage is being done to your teeth or gums, then stop using the device immediately and contact us, or, if necessary, seek advice from your dentist. Once again, a custom made splint, like a sleepPro custom, is likely to alleviate these problems.

Care of Your sleepPro standard

Brush it with a conventional toothbrush under running water every day (don't use an electric toothbrush). Some people choose to do the same with an antiseptic mouthwash (of the type you can buy at a supermarket) about once a week. Don't do this too often as it may degrade the plastic. Very occasionally use toothpaste as the abrasive in the toothpaste will help to abrade any buildup on the mouthpiece; however, this may also damage the mouthpiece (especially a sleepPro custom).

Be sure to leave the mouthpiece exposed to the air when not in use, so it can dry out. This will help to kill organisms that may make it smell. If your bathroom is humid, then keep it somewhere else.

Be extra vigilant with your gum health. Brush your teeth as per best practice and floss every day. You may find it very helpful to thoroughly rinse your mouth with several mouthfuls of water and to massage your gums before

brushing your teeth. Clean and healthy gums and teeth will make it easier to keep your mouthpiece clean.

Snoring and Sleep Apnoea (Apnea)

Most people with Obstructive Sleep Apnoea (OSA) snore, but only a small percentage of snorers have OSA. If your partner has noticed pauses in your breathing while you sleep, or if you have significant daytime tiredness, then you should mention this to your doctor and ask about a sleep study.

sleepPro custom Custom-Made Mandibular Advancer

If you find that a sleepPro standard has worked, but you would like something more comfortable and easier to breathe through, or you find your jaw keeps dropping out, then you may want to upgrade to a custom-made sleepPro custom which is made from a dental impression kit that can be fitted at home, or by your dentist. It takes a perfect impression of your teeth and is made into a bespoke mouthpiece. If you decide to upgrade to the more comfortable SleepPro custom within 6 months of your original purchase we will give you a 20% discount on the regular purchase price. More details can be found on the sleepPro custom web page.

sleepPro standard Fitting Instructions

It is extremely important that you familiarise yourself with the instructions. Please do not attempt to fit the mouthpiece until you understand the instructions and please follow them as precisely as possible. Ensure the white insert for the breathing holes is in place. Make sure it goes all the way through. It should point away from your face when the splint is in your mouth. The sleepPro standard has a top and a bottom. The top has a notch in it. Practice the moulding procedure a couple of times until you are comfortable with it. Push your jaw forward so that your lower front teeth are slightly in front of your upper front teeth. For most people, this is going to be the position where you want the splint to hold your jaw. However, you may need to try a few different positions before you find the one that is right for you (your 'comfort spot'). The idea is to push your jaw far enough forward to open your airway, but not so far forward that it causes discomfort and stops you sleeping. Don't worry if you don't get it right on the first attempt. Just take a relaxed attitude and repeat the moulding process until you feel you have got it right. It is normal for people to repeat the fitting process several times (in some cases up to six times).

What you will need before you start:

- a cup of water,
- a kettle or pot (do not use a microwave),
- a mug to put just boiled water into,
- cold water from a tap in a bowl or cup (a second cup),
- a spoon or fork to scoop the impression tray out of hot water (so you don't scald your fingers),
- a watch or timer and
- a mirror to help you see what you are doing. If possible, get someone else to read the instructions to you as you fit the mouthpiece. We have a Youtube video which shows how easy the process is here, just search for sleepPro1 channel

Your 10 Steps to peaceful sleep:

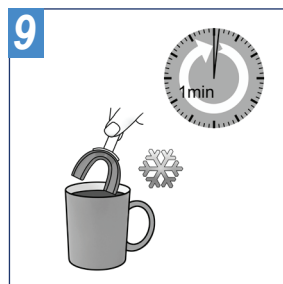
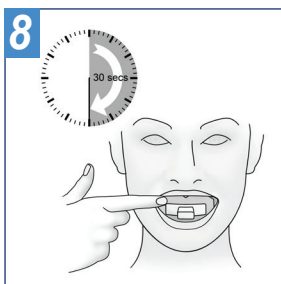
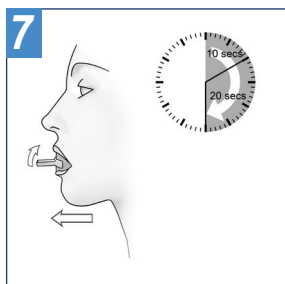
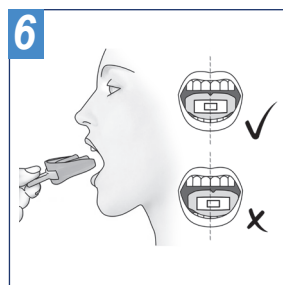
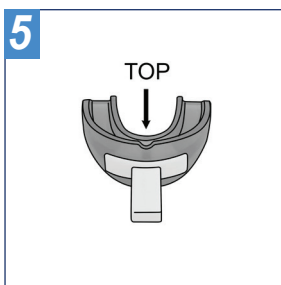
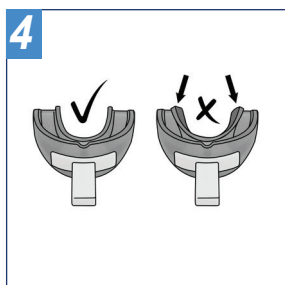
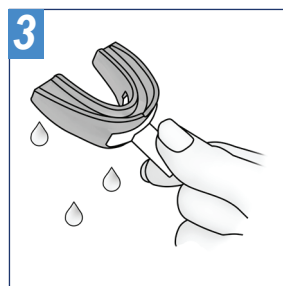
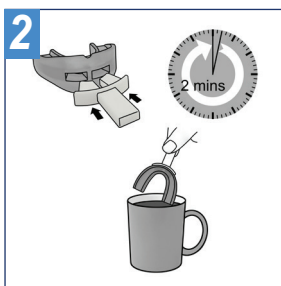
1. Boil some water and pour it into a mug – let it cool for one (1) minute (if the water is too hot, the mouthpiece will become rough and may be unwearable. Do not use a microwave to boil the water).
2. Completely immerse the sleepPro for two (2) minutes in the hot water (use a spoon or fork). Immerse it for longer if you need it to be softer and hence easier to bite into. It should be soft enough to take an impression of your teeth and change shape as you move your jaw forward.

3. Remove and shake off excess water – check it is not too hot.
4. Push any floppy bits back into place using your fingers on the inside of the “horseshoe” – top and bottom. The plastic will be quite soft. Check that none of the sides have flopped down (as they will catch on your teeth when you bite into the mouthpiece). If they have, then push them back upright.
5. Check it is the right way up with the notch at the top.
6. Put it on your lower teeth first then gently close your mouth. Use a mirror to see what you are doing.
7. Bite hard and move your lower jaw forward – to begin with, try with your lower front teeth slightly in front of your upper front teeth. Bite hard for ten seconds and then bite firmly for another 20 seconds while continuing with the steps below. Note: if you bite through the mouthpiece, this is generally not a problem. However, if your upper and lower teeth are touching, then you should not use the mouthpiece.

Drawbridge Effect: look for the drawbridge effect, where when you push your lower jaw forward, you see the insert for the breathing holes rise up like a drawbridge. It should start at the horizontal and rise up more and more as you push your jaw further forward. Most people will need to see

at least some rise in the “drawbridge” for the mouthpiece to have any effect. How much? It varies from person to person, but you will soon find what is comfortable for you. Suck in to help keep the white plastic insert in place as well as to remove excess saliva and help get a good fit.

8. Mould the mouthpiece against your teeth. Use your Index Finger like a Toothbrush: robustly rub the outer section of the mouthpiece against your teeth – as if you are brushing your teeth with your index finger. This will help it take the shape of your teeth.
Tongue: push hard with your tongue against the mouthpiece, particularly against the back of your lower front teeth.
Blow out through your mouth if it is too hot.
9. Remove after 30 seconds and put in cold water, until it has cooled. Try the mouthpiece in your mouth.
10. Repeat the process. You will probably get a better fit if you repeat the fitting process at least once. You can make further adjustments after the first night if you feel it is necessary. Remember to remove the white plastic insert from the breathing hole before wearing your SleepPro, but don't throw it away as you will need it in the future if you decide to remould it.



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