

ZQuiet Mouthpiece User Guide

Refill & Single Packs

Tips on Mouthpiece Sizes

Find Your Size

See Diagram 1 to identify the Size of your mouthpiece. (see number location)

Size 1 - provides just a little jaw advancement (+2 mm).

Size 2 - provides more jaw advancement (+6 mm).

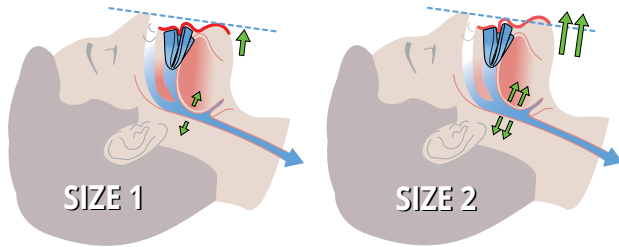
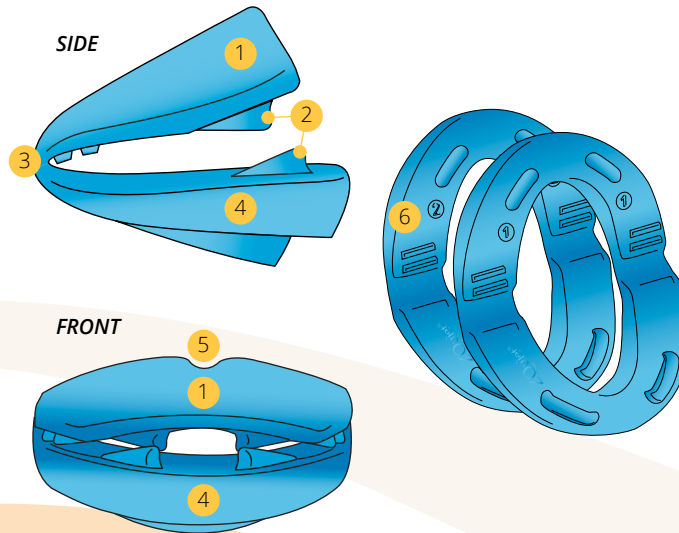


Diagram 1

- 1 Upper Tray
- 2 Airflow Posts
- 3 Living Hinge
- 4 Lower Tray
- 5 Contour Cut-out
- 6 Number Location



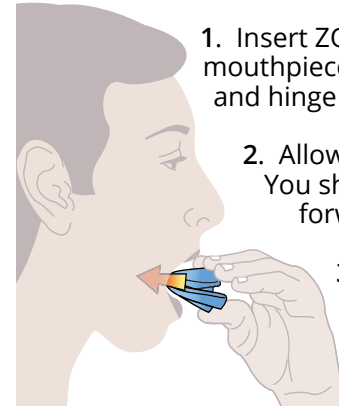
Need Help?



GET SUPPORT

ZQuiet.com/pages/support

Directions for Use



1. Insert ZQuiet into mouth before sleep by holding the mouthpiece in the folded position with the upper tray facing up and hinge towards the back of your mouth.
2. Allow your teeth to settle into the upper and lower trays. You should notice that your lower jaw will feel slightly more forward than normal.
3. Upon waking, remove ZQuiet and follow the recommended cleaning and storage instructions.

Adjustment Tips

It may take time to adjust to your ZQuiet. You may experience slight drooling or discomfort. Stay with it! You will be rewarded with quiet, restful sleep.

- Use your ZQuiet for short periods of time before sleep (20 -30 minutes, while watching TV or reading).
- Soak it in hot tap water for one minute to soften prior to use.
- Upon waking, your bite may feel slightly out of alignment. This sensation should go away during the next few hours. Gently chew sugarless gum to speed up the process.
- If you experience jaw soreness, do a gentle fingertip massage:
 1. Place your index and middle fingers on both sides of your jaw just in front of your ears (This is the jaw joint).
 2. Bite down to feel this muscle contract so you can pinpoint exactly where to massage.
 3. Relax the jaw muscle and use your fingers to massage it in a circular motion. Or, place a warm washcloth over the affected jaw muscles for up to 20 minutes.
- Take a night off. Give your jaw muscles a rest as you slowly become accustomed to your ZQuiet.
- For further relief, consider taking an over-the-counter anti-inflammatory pain medication.
- For additional comfort, trim your ZQuiet with small scissors to improve its fit. To avoid irritation to the gums after trimming, use a fingernail file or emery board to smooth any rough edges.

How to Clean Your ZQuiet

Clean your ZQuiet after each use.

Recommended:

- Use ZQuiet Clean, which is specially formulated to safely clean oral appliances.

Alternatively:

- Use a toothbrush to scrub all surfaces of the device with toothpaste or mild soap.
- Rinse thoroughly with warm water.
- Shake off all excess water and pat dry.
- Store device in the storage case at room temperature.

Important: Do not use mouthwash with alcohol, harsh chemicals, or household cleaning products like bleach or ammonia.

When to Replace Your ZQuiet

ZQuiet should be replaced after 4 to 6 months of regular use, or as soon as any diminished performance is observed. Refill packs are available for each size, so you may select the individual size that works best for you. You can Subscribe & Save to get ZQuiet refills delivered at the lowest price.



To ensure your health and safety, there is some important information we want you to know.

Indications for use: ZQuiet is intended as an aid in the reduction of snoring for adults at least 18 years old.

Contraindications: Do not use ZQuiet if you are under the age of 18 or have any of the following conditions:

- History of TMJ or jaw pain
- Loose teeth or implants less than 1 year old
- Orthodontia or full dentures
- Advanced periodontal disease
- Central sleep apnea
- Severe respiratory disorders

Warnings: Use of ZQuiet may cause:

- Tooth movement or changes in dental occlusion
- Pain or soreness to the jaw joints
- Soreness to the teeth or gums
- Obstruction of oral breathing
- Excessive salivation

Precaution: Any medical history including asthma, breathing or respiratory disorder, or other relevant health problems should be considered before using ZQuiet. ZQuiet is not intended to treat sleep apnea or respiratory disorders. Additionally, anyone who scores 3 or greater on the STOP-Bang screening questionnaire should consult with a qualified medical professional prior to using ZQuiet.

STOP-Bang Questionnaire

The STOP-Bang questionnaire is a pre-screening tool to help you determine if ZQuiet is appropriate for use. If you answer "Yes" to 3 or more questions below, please contact a physician to be evaluated for sleep apnea / respiratory disorder:

Do you snore loudly?	Yes / No
Do you often feel tired, fatigued or sleepy during the daytime?	Yes / No
Has anyone observed you stop breathing during sleep?	Yes / No
Do you have (or are you being treated for) high blood pressure?	Yes / No
Are you obese / overweight (BMI more than 35 kg/m2)	Yes / No
Are you over 50 years old?	Yes / No
Is your neck circumference greater than 16 inches?	Yes / No
Are you male?	Yes / No