

# sleepPro Contour



## Fitting Instructions

Please read these instructions carefully before fitting your new mouthpiece and if possible get someone else to read the instructions to you as you fit it.

### What to expect in the first few weeks

Your partner will know whether Contour is working on the first night. However, it can take anything from a few days to couple of weeks to get used to wearing a mouthpiece. 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 a SleepPro Custom, in the confidence that it will also work and that it will be easier to wear through the night.

Or, like many customers, you may choose to stay with the Contour. Some people say that for the first few nights they have difficulty keeping the mouthpiece in their mouth all night, and it may fall out while asleep. This is normal and improves with time. Some people wear the appliance for short periods during the day while they get used to it. You are less likely to have these problems with a custom-made splint, like a 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. Once again, a custom made splint, like a SleepPro Custom is likely to alleviate these problems.

### 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 any pauses in your breathing while you sleep, or if you have any significant daytime tiredness, then you should mention this to your doctor and ask them about having a sleep study.

### SleepPro Custom • Made to fit you perfectly

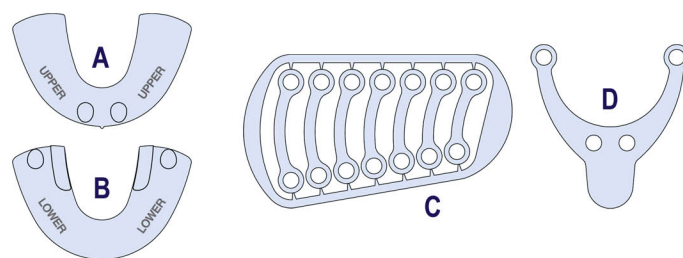
If you find that your mouthpiece has worked, but would like something even more comfortable and easier to breathe through than a Contour, then you may want to upgrade to a bespoke and perfectly fitting oral appliance that is custom-made to the shape of your jaw. The SleepPro Custom is made from a dental 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. You may buy a SleepPro Custom from our website shop at [www.sleeppro.com](http://www.sleeppro.com)

### It is very important to familiarise yourself with these instructions.

Please do not attempt to fit the mouthpiece until you understand these instructions and please follow them as precisely as possible. SleepPro Contour has top and bottom trays which are slightly different but can be easily identified from the diagrams below.

### The contents of the box are as follows:

- A Upper Tray    C Tension Straps x 2
- B Lower Tray    D Fitting Handle



### Extra comfort, better fit, and self-adjustable

The SleepPro Contour is one of the latest additions to the SleepPro range of Mandibular Advancement Devices. In response to requests from both doctors and patients alike, the SleepPro Contour has been designed with extra comfort, fit and adjustability in mind.

The SleepPro Contour treats snoring and sleep apnoea in adults, under medical advice. It is compliant with EU Directive 93/42/EEC for Class 1 Medical Device and registered with the MHRA under No CA012536.

The SleepPro Contour consists of two hard trays, one made to contour the upper arch, and one for the lower arch. Each tray is filled with a custom-blended, thermo-formable polymer

Interchangeable straps enable precise incremental advancement of the lower jaw, which restores the tension in the upper airway and prevents the soft tissues collapsing and obstructing the upper airway, thereby preventing you from snoring.

### Conditions suitable for the SleepPro Contour

- ★ Primary snoring
- ★ Mild to moderate obstructive sleep apnoea in adults, under the advice of a medical professional
- ★ CPAP intolerance
- ★ Intermittent use by patients unable to use CPAP when travelling under the guidance and advice of their medical professional

### Contraindications

You should seek advice from your medical professional before fitting this device if you have any of the following:

- ★ TMJ dysfunction
- ★ Mobile teeth or crowns, periodontitis, large gaps between teeth
- ★ Over sensitive gag reflex
- ★ Central sleep apnoea
- ★ Limited mandibular advancement

### Unique features

- ★ Ergonomic trays to fit upper and lower dental arch
- ★ Adjustable tension straps giving 0-12mm of lower advancement
- ★ Easy attachment/removal of straps for precise adjustment
- ★ Thermopolymer liner for a firm and comfortable fit
- ★ Unique alignment plate to aid easy fitting and ensure maximum benefit from the mouthpiece
- ★ Smooth contoured outer surfaces to prevent rubbing
- ★ Fixed breathing space for open mouth breathers

Disclaimers: While it is unlikely you will encounter any significant problems with the use of a simple SleepPro mandibular advancement splint, please note that MEDITAS Ltd. accepts no liability for problems arising from the use of SleepPro products. If you do experience any complications, then please stop using the splint immediately and contact us.

Please note that the conditions of sale and use of this product relate to the laws of England and Wales and the regulatory guidelines of the United Kingdom.



# sleepPro Contour

Web: [www.sleeppro.com](http://www.sleeppro.com)

Tel: +44 (0)1962 761 831 Email: [info@sleeppro.com](mailto:info@sleeppro.com)

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Please read these instructions thoroughly before fitting your SleepPro Contour.

As well as the contents of the box you will also need the following:

A bowl of freshly boiled water

A bowl of cold water

A mirror to help see what you are doing

**1** Make sure you know which tray is for the upper teeth and which one is for the lower. The words 'upper' and 'lower' are etched on the rim of each tray.

Secure the fitting handle to the lower tray (1a) and then fit the upper tray (1b), taking care to hook the studs into holes on the fitting handle. Forcing the handle straight down onto the studs can damage them.

**2** Immerse in freshly boiled water for three minutes or until the gel lining becomes soft, remove from the water and shake off any excess. Before placing in your mouth, hold the mouthpiece against the back of your hand to check it is not too hot.

**3** Place the tray in your mouth over the top teeth first, with your front teeth as close as possible to the front edge, and keeping the central reference line (raised vertical bar) between your two front teeth. Then push your lower jaw forward slightly so that your lower teeth bite into the middle of the gel.

**4** Bite down firmly so that your teeth sink into the soft gel and you feel them make contact with the hard shell. If any excess gel is displaced, push and mould it with a wet finger to ensure firm contact with the teeth. Allow the gel to cool for 30-40 seconds, then carefully remove and briefly rinse in cold water to set the shape. If the gel extends too far onto your gums and is uncomfortable, you can carefully trim it with scissors while still warm.

**5** When you are happy with the fit, cool well in cold water for two minutes. Remove the fitting handle and store for future use, in case you need to remould your mouthpiece.

**6** Now attach a matched pair of tension straps taking care to hook them onto the studs rather than forcing them straight down. Start with fixing them to the lower tray (6a) and ensure they are positioned correctly before you fix the upper tray (6b).

Try using the middle pair first, as this setting is suitable for most users. If you find this does not stop you snoring, move down to the next shorter pair. Or, should you find the first setting too far forward, select the next pair of longer straps. It might take a few nights of patience and perseverance to find the optimum setting.

The box contents are as follows:

- A Upper Tray C Tension Straps x 2  
B Lower Tray D Fitting Handle

SleepPro Products supplied by:  
**MEDITAS Ltd**  
PO Box 567 • Winchester  
Hampshire • SO23 3HJ • England

#### What do I need to fit my SleepPro Contour?

- A bowl of freshly boiled water
- Cold water
- A mirror

