

## M2 Instruction Booklet

⚠ DO NOT CHANGE THE FACTORY SETTING UNTIL YOU BOIL AND BITE

### Warnings & Information

#### ⚠ Contraindications

M2 should NOT be used by patients who:

- Have central sleep apnea
- Are under the age of 18
- Have a history of TMD, temporomandibular disorder
- Have a respiratory disorder
- Have loose teeth, abscesses, severe gum disease or advanced periodontal disease
- Wear dentures, braces or other dental appliances
- Have implants, crowns, or caps unless approved by their dentist

#### ⚠ Warnings

Use of M2 may cause:

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

#### ⚠ Precaution

- Any medical history including asthma, breathing, respiratory disorder or other relevant health issues should be considered prior to using M2.

### Custom Fitting Steps

Review the video instructions first

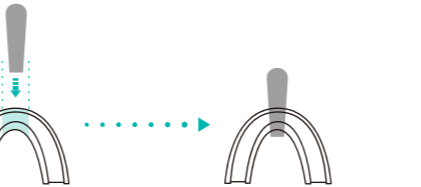


Scan the QR code to watch  
Use Instructional Videos

<https://youtu.be/-sT39AMoe1M>

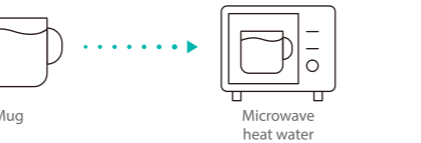
#### Step 1

Make sure the fitting handle is securely fastened to the device.



#### Step 2

Boil a mug of water to a full boil using a microwave.



⚠ NOTE: Avoid using a stove top to heat the water. The hot metal surface of a pan may destroy the material of the device.

#### Step 3

While gripping the handle's end, dip the device into the mug of freshly boiled water for a PRECISE 1 MINUTE.

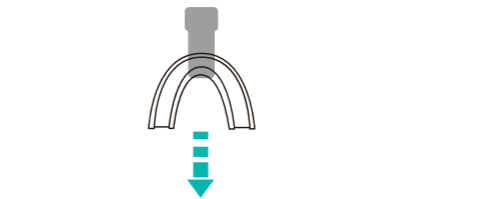


#### Step 4

Use the fitting handle to extract M2 from the mug of boiled water. Immerse the device in a bowl of tap water for 1-2 seconds to eliminate any hot water.

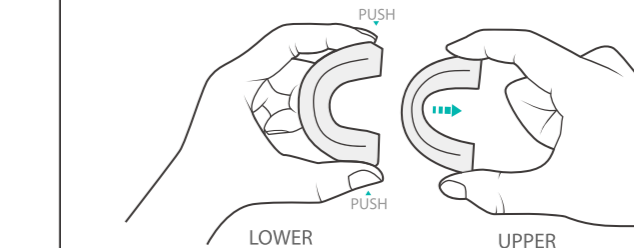
#### Step 5

Take M2 out of your mouth and put it in the cool water-filled bowl for 5 minutes to solidify the impression.



#### Step 6

Remove M2 from the bowl of cool water. Detach the device from the fitting handle by pushing the handle's end away from the device.



#### Step 7

Remove M2 from the bowl of cool water. Detach the device from the fitting handle by pushing the handle's end away from the device.

#### Step 5

The top tray of M2 is indicated by the word 'UPPER'. Center your teeth into both the top and bottom of M2 groove and bite down firmly for 30 SECONDS to create your custom impression.



#### ⚠ Evaluate your Impression

Remove the handle and place M1 back in your mouth. It should feel comfortable, and grip your upper and lower teeth snugly. If you feel any areas where the fit is poor, you can repeat steps 1-6. The fitting process can be done up to a maximum of 2 times.

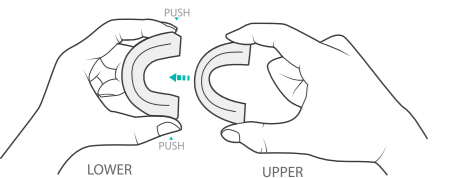
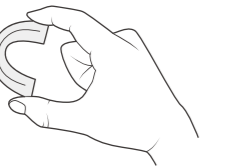
### MRD for Obstructive Sleep Apnea<sup>[1]</sup>

Treatments for Obstructive Sleep Apnea (OSA) includes continuous positive airway pressure (CPAP), mandibular repositioning devices (MRD) and uvulopalatopharyngoplasty (UPPP). Clinical evidence shows that MRDs have proven to be equally effective with greater patient usage than the alternatives. Additionally, no differences have been established between CPAP and MRDs on sleepiness, quality of life, systolic or diastolic blood pressure and cognitive performance. MRDs get superior results on AHI compared to upper airway surgery. A custom-made MRD is effective and well tolerated in OSA patients who refuse or do not tolerate CPAP.

[1] References <https://www.sleepapnea.org>

## Steps for Adjustments

1. Hold M2 in your right hand in a 'C' position and place your thumb and index finger on the upper tray over the word "PUSH" Do not rest your fingers on the bottom tray.



2. While pushing on both sides of the device, use your other hand to push or pull the bottom tray to the desired setting. The adjustment will lock into place when you release your fingers from the word "PUSH".

3. Ensure both sides of the device indicate the same adjustment setting.

## Proper Usage Information

1. Before using M2 please read through the information below,

- Brush your teeth prior to using M2.
- Begin wearing M2 at the factory setting of 1 mm.
- Your M2 is custom-fitted to your mouth and should not be used by anyone else.
- If snoring still persists, advance M2 to a higher adjustment setting. Each advancement setting should be worn at least three to five nights prior to further increases.
- Most can be treated with a setting between 3-5 mm.
- M2 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. To minimize this effect, M2 should be worn for 1-3 hours for the first 2-3 days while awake. This will help acclimate your mouth to wearing M2.
- If you are bothered by the device and it causes you to wake up, remove it from your mouth and go back to sleep. Each night, you should be able to sleep longer with the device.

## Adapting

If you wake up during the night and wish to M2 out, feel free to do so. Don't feel like you have to push yourself in order to sleep all night with it from the start.

If you get an hour or two of sleep using M2 on the first night that can be considered a good start.

## Cleaning Teeth

Always clean your teeth before fitting the appliance in your mouth. This removes the invisible layer of plaque which contains bacteria.

## How to Clean M2

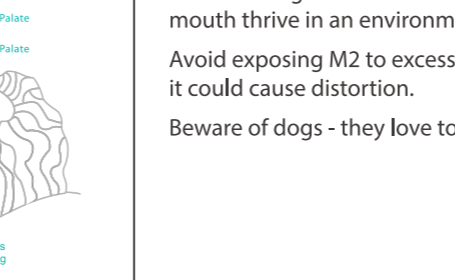
- Gently brush your M2 with a toothbrush and toothpaste after each use. To best clean, disinfect, and freshen your M2.
- Allow M2 to dry after cleaning. Keep M2 in its storage case when not in use.
- Do not use harsh chemicals or abrasive cleaners such as ammonia, bleach, or mouthwash that contains alcohol.

## ⚠ Caution

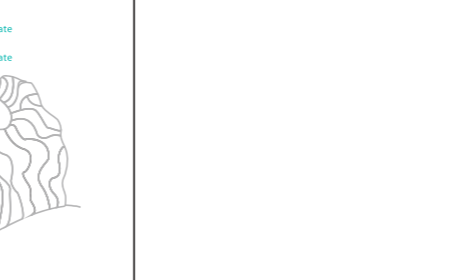
- Snoring may be a sign of sleep apnea, a medical condition associated with cardiovascular risk, neurovascular risk, risk of motor vehicle accidents, and mortality. We recommend that you speak with your dentist and/or physician about your snoring and whether you might have sleep apnea. M2 is not a treatment for sleep apnea.
- Improperly fitting and adjustment of M2 may cause damage to your teeth, gums, and jaw. Advise your dentist at your annual visit that you are using M2 and ask him/her to evaluate the fit and monitor for changes to your teeth, gums, and jaw.
- Discontinue use of this device and notify your dentist if you notice any signs of tooth movement, changes in your bite, persistent pain or discomfort, or if you had trouble fitting the device.

## How does it work ?

During sleep there is restricted airway space.



Mandibular repositioning device ( MRD ) increases airway space .



## Storing

When storing M2, leave the container open. Bacteria from the mouth thrive in an environment without oxygen.

Avoid exposing M2 to excessive heat, including direct sunlight, as it could cause distortion.

Beware of dogs - they love to chew it!

## Help & Support

Most problems can easily be solved over email: [service@sleepon.us](mailto:service@sleepon.us).

FAQ available at: [www.sleepon.us/mrd-m2](http://www.sleepon.us/mrd-m2)

## Warranty and statements

### Warranty period of the Product

12 months warranty from the Date of purchase if proof of purchase cannot be provided, the manufacture date as recorded by SLEEPON will be deemed to be the start of warranty period. We does not warrant error operation of this product.

### Exclusions from this limited Warranty Service

SLEEPON does not warrant error operation of this product. The warranty only covers issues during the normal use conditions.

### Privacy

You agree and understand that it is necessary for SLEEPON to collect, transfer, and process personal data in order to facilitate the requested services. Please access and read the SLEEPON privacy policy at: [www.sleepon.us/privacy](http://www.sleepon.us/privacy).

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