

The Happy Sleep device:

Comfortable teeth protection for a better night's sleep.

Night time teeth grinding (or Bruxism) can cause headaches, damaged teeth, neck and jaw pain, and jaw disorders. The Happy Sleep device for Teeth Grinders is a patent protected, TGA listed and Australian-made oral device scientifically designed to provide a comfortable protective barrier against teeth grinding. Designed by world-renowned oral medicine specialist and dental sleep medicine expert, Associate Professor, Dr. Jack Gerschman, the Happy Sleep device for Teeth Grinders comprises an inner mouthpiece and an outer piece, both made of high-quality material designed for the medical industry. The inner mouthpiece limits the harmful effects of grinding by providing a resilient barrier between the upper and lower teeth, reducing muscle tension around the mouth during sleep. Unlike many devices, its unique design encases both the upper and lower teeth, cushioning them with a soft, flexible material that's comfortable for your teeth and gums. So it won't just reduce grinding - it will help you reclaim a restful, rejuvenating sleep.

Suitability:

The Happy Sleep device for Teeth Grinders is suitable for adults experiencing night time clenching or teeth grinding (bruxism).

What to expect:

It can take a few days to weeks to become comfortable wearing the device. Patients may experience increased salivation or discomfort in the teeth during the initial period, as with any denture or orthodontic appliance.

If you experience excessive or prolonged discomfort, bleeding, loose or moving teeth, excess jaw pain, limited jaw movement, bite changes, obstruction of breathing or other symptoms that may be associated with wearing the Happy Sleep device, stop using the device immediately and contact your dentist.

We recommend advising your Dentist during your periodic visits that you are using the Happy Sleep device.

Contraindications:

Do not use the Happy Sleep device for Teeth Grinders:

- As a sports mouthguard
- If you have any pain from teeth grinding, or other forms of tooth or jaw pain
- If you have mobile teeth or crowns
- If you have received dental implants in the last year
- If you have dentures, braces or another dental appliance without consulting a dentist
- If you have periodontal (gum) disease or abscesses
- If you are under the age of 18
- For more than 3 months without consulting your dentist
- If you have major health problems, a history of chronic asthma, emphysema or any respiratory disorder
- If you suffer from allergies to different materials
- If you suffer from physical or psychological difficulties except under the supervision of a caretaker and/or medical practitioner.

Please read these instructions carefully before use:



1. Clean your teeth prior to use.



2. Remove the device from the container, ensuring that all contents listed on the box are present.



3. Inspect the device for signs of tears, cracks, damage, colour changes, peeling or obstructions in the hollow airway tube at the end of the inner mouthpiece. Please contact the manufacturer if any of these are present.



4. Place the device in its storage container, fill with clean cold water and insert a denture cleansing tablet like Steradent™ for a maximum of 3 minutes to clean the device prior to use.



5. Thoroughly rinse the device and the inside of the storage container under clean cold water.



6. If the device is not already assembled, attach the outer piece to the inner piece and then flip the outer piece away from your mouth and place the inner mouthpiece in your mouth with the V-shaped indent facing upwards.



7. Ensure the inner mouthpiece sits snugly against your teeth and gums without significant room for movement, that it is not causing pain or discomfort and that your teeth are resting on the device. Allow the outer piece to 'snap' back so it covers your mouth and cheeks.

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www.happysleep.au

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TEETH GRINDING MOUTHPIECE

INSTRUCTIONS FOR USE

The Happy Sleep device for Teeth Grinders is an oral device scientifically designed to provide a comfortable protective barrier against teeth grinding.

General Use Information

- Brush your teeth thoroughly before using the device.
- Do not share your Happy Sleep device with anyone else including children.
- If the Happy Sleep device is uncomfortable or causes soreness, contact a dental practitioner.

Care & Handling

- The Happy Sleep device must be **cleaned before each use** by placing it inside the storage container **with clean, cold water and denture cleansing tablets such as Steradent™ for a maximum of 3 minutes** to avoid damaging the material.
- After cleaning the Happy Sleep device with denture cleansing tablets, thoroughly rinse the device and inside of the storage container in clean cold water.
- Do not use alcohol based denture cleansing tablets.
- Do not brush the Happy Sleep device with a toothbrush or use toothpaste to clean the device.

- Do not use hot or boiling water, harsh chemicals or household cleaning products such as bleach or ammonia.
- Dry the Happy Sleep device with a clean towel after cleaning.
- Store the Happy Sleep device in a cool dry place, preferably inside the container provided.
- Keep the Happy Sleep device out of reach of children and/or pets.
- Attach the outer piece to the internal mouthpiece whenever the device is being used.
- Inspect the Happy Sleep device for signs of tears, cracks, damage, colour changes, peeling, debonding of material or obstructions in the hollow airway tube





at the end of the inner mouthpiece. Please contact the manufacturer if any of these are present.

- Keep the Happy Sleep device out of direct sunlight.
- The Happy Sleep device should be used for up to 12 months of use.
- If the Happy Sleep device is damaged, worn out, expired or otherwise no longer required, please return to the manufacturer.
- Test the Happy Sleep device in your mouth before using during sleep.

EFFECTIVE PROTECTION

FOR TEETH GRINDING

COMFORTABLE DESIGN

NAME	DESCRIPTION	PICTURE
Manufacturer	The medical device manufacturer.	
Sponsor	The sponsor is responsible for supply of this device	
Manufacture date	YYYY-MM-DD The date the medical device was manufactured.	
LOT	The manufacturer's batch code so that the batch or lot can be identified.	
REF	The manufacturer's catalogue number so the medical device can be identified.	
Keep away from light	The device needs protection from light sources.	
Caution	The user must consult instructions for use for important cautionary information such as warnings and precautions not presented on the device itself.	
Blue man with book	The instruction manual/booklet must be read.	

Australian Sponsor and Manufacturer

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Returns/Questions

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