



# TIPS FOR SUCCESS

The key to MouthShield™ success, and keeping your mouth closed while sleeping, is learning to keep your tongue on the roof of your mouth throughout the night. With some practice, it's really not too hard!

1. When you are first going to sleep, and whenever you wake for a moment, set/reset the MouthShield to your "starting position" while having your lips closed. The starting position is where the MouthShield is most comfortable and there are no pressure points. The small divot on the inside of the MouthShield helps you confirm location.
2. Position your tongue on the roof of your mouth and use a little suction to help keep it there. Too much suction will be uncomfortable. You should feel a little resistance if you try to lower your jaw. The MouthShield helps you with this and it will help keep your mouth closed during your sleep.
  - *It may take a while to learn this, but it really is the key. With usage this will happen without you even thinking about it.*
3. Some first-time users find that using the MouthShield causes increased saliva production. This is normal any time there is a foreign object in your mouth, and it should decrease as you become used to the MouthShield.
  - *It's worth noting that saliva production naturally decreases during your sleep. You may find it also seems to thicken during the night. This can help "seal" the MouthShield against your lips. Keeping the MouthShield properly positioned during the night helps create and retain this "seal".*

## Key Takeaways

1. Learn to keep your tongue on the roof of your mouth by using a little suction
2. Always set/reset the MouthShield to your starting position while having your lips closed
3. Any saliva issue should eventually resolve itself