

**SLEEP TIGHT**  
MOUTHPIECE

A photograph of a man and a woman sleeping peacefully in a bed. They are lying on their sides, facing each other, under white linens. The man is wearing a grey t-shirt and the woman is wearing a white tank top. The background is a soft, out-of-focus white, suggesting a bright, airy environment.

***Never Interrupt Your Sleep Partner Again!***

## Dentist Designed Made in the USA & FDA Cleared



### ***Welcome to the SleepTight Family!***

I designed the SleepTight Mouthpiece so I could keep my wife happy at night and I am still a user.

–Dr. Mike Williams

### ***Want to Feel Better and Stop Snoring?***

Follow the tips in this guide to get the most from your SleepTight Rx Mouthpiece. It's easy, just take your time and you will have your custom-fitted mouthpiece in less than 10 minutes. Better sleep with less snoring will

definitely help you feel better and hopefully never interrupt your sleep partner again.

***Start by watching the Fitting Video using the QR code***

***Need more help?*** [info@sleeptightmouthpiece.com](mailto:info@sleeptightmouthpiece.com)



## What Makes SleepTight Rx Mouthpiece Different?

### ***The SleepTight Rx Mouthpiece is Unique to You***

because it is custom fitted to your teeth with the same boil and bite technique used by professional athletes. It is not a one-size-fits-all mouthpiece because we understand that everyone's bite is different.

***SleepTight Rx is a More Comfortable*** and retentive mouthpiece that doesn't squeeze or hold down the tongue. There are no movable parts to break or tools required to adjust the SleepTight Rx Mouthpiece.

The SleepTight Rx Mouthpiece was designed by a dentist, is made in the USA, and is FDA cleared so you can be confident in the quality and efficacy of your mouthpiece.

The prescription only SleepTight Rx is cleared to treat adult snoring and mild to moderate obstructive sleep apnea.



# Custom-Fitting Your SleepTight Rx Mouthpiece

## *Supplies Needed - Please read all instructions carefully before fitting*

Mouthpiece with handle, container for boiling water, container for holding 10oz of hot water, container for cold water, mirror, timer, and spoon.

## *Heating*

1. Bring about 10oz of water to a rolling boil, **then carefully pour the water into a separate bowl or cup**. NOTE: To prevent melting, do NOT place the mouthpiece into the pot of water.
2. Wait about 10 seconds, then carefully submerge the SleepTight Rx in the hot water for 2 minutes. Use a spoon or fork to help hold the device completely underwater.
3. Carefully remove the SleepTight Rx from the hot water and shake off the excess water. Make sure it is not too hot to place in your mouth for fitting. If the edges of the SleepTight Rx have folded over, straighten them back up into the original horseshoe shape.

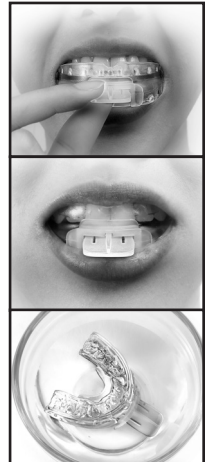


# Custom-Fitting Your SleepTight Rx Mouthpiece

## *Forming*

4. Using a mirror, carefully place the SleepTight Rx on your lower teeth. Make sure that it is centered on your teeth, with the “V” shape notch at the top toward the upper teeth.
5. Align upper teeth into the tray and gently bite down on the mouthpiece. You may need to move your jaw slightly forward.  
NOTE: Do not clench excessively.
6. Compress all soft material with your fingers against the teeth and gums. Suck in and push the tongue against the sides of the soft material, especially the front upper. Continue until the SleepTight becomes solid and reaches body temperature.
7. After the SleepTight Rx is firm, place it in a bowl of cold water for 5 minutes.

You should now have a snug, custom fitted SleepTight Rx. To remove the fitting handle, push the handle in towards the mouthpiece and pull out from the inside of the mouthpiece. If additional fitting is desired, you can follow the same steps. Be sure to keep the handle for possible future refitting.



## How to Wear Your SleepTight Rx Mouthpiece



Simply place your custom fitted SleepTight Rx in your mouth and gently bite down into the custom prefitted teeth imprints. Relax your jaw. Position your tongue forward into the airway opening. This positioning allows for gentle retention of the tongue to help open the airway to improve breathing while you sleep.

If you wake up while sleeping, place the tongue back into the airway space unless

you cannot breathe through your nose. If the mouthpiece becomes loose, swallow and suck out saliva to create an instant suction effect. Remove upon awakening and follow the recommended cleaning instructions.



## Caring for Your SleepTight Rx Mouthpiece

Keeping the SleepTight Rx Mouthpiece fresh and clean will improve your comfort and prolong its use. Every day, rinse with cool running water and a small amount of liquid antibacterial soap. Never use hot water as this can cause the teeth impressions to lose their shape. If debris remains, you can use a very soft toothbrush or cotton swab. Avoid toothpastes containing abrasives, which can damage the soft surface. Never use bleach, alcohol, or other strong chemicals.

To help with staining and odor, soak your SleepTight Rx Mouthpiece 1-2 times a week in OrVance Retainer Cleaner ([www.OrVance.com](http://www.OrVance.com)) which will kill harmful bacteria and keep your mouthpiece fresh and clean. Store the device in a cool, dry location in its container. The useful life of the SleepTight Rx is dependent on proper maintenance and care. It is recommended to replace the SleepTight Rx once significant wear is evident.

## What to Expect

It is normal for the body to adjust to wearing a mouthpiece at night. It can take anywhere from a few days to a few weeks to feel comfortable wearing your mouthpiece. If possible, wear the SleepTight Rx for short periods during the day to help adjust to it.

Some may experience discomfort in the front teeth or jaw during the settling period. This is normal and usually disappears shortly after removing the mouthpiece. Typically, over time, these problems resolve on their own and the device will feel more comfortable. Just take your time and soon you will return to the restful sleep you deserve.

If you need additional assistance or have questions about returns, visit the FAQ section on our website for detailed answers to the most commonly asked questions or send us an email to [info@sleeptightmouthpiece.com](mailto:info@sleeptightmouthpiece.com).





## Who Should Not Use SleepTight Rx Mouthpiece?

This device should not be used by people with asthma, central sleep apnea, or severe respiratory disorders, including severe obstructive sleep apnea. If you have loose teeth, advanced periodontal disease, TMJ (jaw joint pain) or other dental problems, consult your dentist before using this device. Use of this device may cause temporary dental problems including increased salivation or possible mouth breathing. If you experience ongoing TMJ pain, gum irritation, bite problems, loose teeth, or other dental problems, you should discontinue use of the device and seek dental or medical help.

OSA requires a medical diagnosis in order to determine treatment which can range from therapy to surgery. If you believe you may have OSA, please contact your medical provider to schedule a consultation.

## Snoring Can Be a Sign of Obstructive Sleep Apnea

### *Snoring Can Be a Sign of Obstructive Sleep Apnea (OSA).*

If you answer yes to three or more of the following questions, you should contact your medical provider to be evaluated for possible OSA.

Have you been told that you frequently and loudly snore?

Do you often feel tired, fatigued, or sleepy during the daytime?

Do you know if you stop breathing or has anyone observed you stop breathing while you were sleeping?

Do you have high blood pressure or are you taking medication to control high blood pressure?

## OSA—BMI Risk Table

Is your body mass index (BMI) greater than 30?

If your height and weight are equal to or greater than the amount listed in the chart below, you have a BMI of 30+ and have a high risk of developing obstructive sleep apnea (OSA).

Are you older than 50 years old?

Are you a male with a neck circumference greater than 17 inches, or a female with a neck circumference greater than 16 inches?

Height	Weight	Height	Weight	Height	Weight	Height	Weight
58"	143 lbs.	63"	169 lbs.	68"	197 lbs.	73"	227
59"	148 lbs.	64"	174 lbs.	69"	203 lbs.	74"	233
60" (5')	153 lbs.	65"	180 lbs.	70"	207 lbs.	75"	240
61"	158 lbs.	66"	186 lbs.	71"	215 lbs.	76"	246
62"	164 lbs.	67"	191 lbs.	72" (6')	221 lbs.		

**Never Interrupt Your  
Sleep Partner Again.**



833-362-2763 | [info@sleeptightmouthpiece.com](mailto:info@sleeptightmouthpiece.com) | [www.sleeptightmouthpiece.com](http://www.sleeptightmouthpiece.com)  
©2023 DOC Brands, Inc., Wayne, PA 19087 USA | 345.007A