

# Dentemp SleepTight®

## Fitting Instructions

### Indications & Caution

**INDICATIONS:** This product is intended for use by adult patients 18 years or older as an aid to reduce snoring.

**CAUTION:** This device should not be used by persons with asthma, central sleep apnea or severe respiratory disorders. 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. Non-sterile.

### Warranty & Guarantee

#### 30-Day Money Back Guarantee

Please do not return or exchange your product at the store from which it was purchased.

If for any reason you are not completely satisfied with the Dentemp SleepTight Custom Fit Anti-Snoring Mouthpiece, please contact our Consumer Affairs Department, at the email or phone number listed below, to submit a warranty or guarantee claim. Please be prepared to provide your proof of purchase, which must include date of original purchase, location of purchase and amount of purchase, along with your reason for return.

Consumer Affairs Dept.

833-362-2763

[consumeraffairs@doc-brands.com](mailto:consumeraffairs@doc-brands.com)

\*\*Limit 1 replacement or refund per 12-month period. This guarantee is only valid in the United States.

Because DOC Brands, Inc. cannot control the quality of our products sold by unauthorized sellers, unless otherwise prohibited by law, the SleepTight 30-Day Money Back Guarantee is not available for products purchased from unauthorized sellers. DOC Brands reserves the right to reject warranty claims from purchasers for products purchased from unauthorized sellers, including unauthorized internet sites. DOC Brands reserves the right to verify information, require a valid proof of purchase, and to deny guarantee requests in its discretion in cases of suspected fraud or if a customer has abused the SleepTight 30-Day Money Back Guarantee. If you have any questions regarding the warranty or guarantee, or whether a seller is an authorized seller of SleepTight, please email us at [consumeraffairs@doc-brands.com](mailto:consumeraffairs@doc-brands.com) or call 833-362-2763.

There are no warranties which extend beyond those stated herein. Any implied warranties that may be applicable to the products, including implied warranties of merchantability or fitness for a particular purpose, are limited in duration to the duration of this warranty. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you. Under no circumstances shall DOC Brands be liable for any special, incidental, or consequential damages based upon breach of this limited warranty, breach of contract or strict liability. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

833-362-2763 | [consumeraffairs@doc-brands.com](mailto:consumeraffairs@doc-brands.com)  
[www.dentemp.com](http://www.dentemp.com)

### Wear

You should now have a snug, custom-fit SleepTight.

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.

### Cleaning & Care

After each use, rinse your SleepTight with cool running water and a small amount of liquid anti-bacterial soap. Never use hot water. 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.

Weekly soaking with an approved oral appliance cleaner can help with staining and freshness and kill harmful bacteria.

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### Before You Begin

**PLEASE READ ALL INSTRUCTIONS CAREFULLY BEFORE FITTING THE SLEEPTIGHT TO YOUR TEETH.**

What you need to begin:

- Small pot of water and heating source
- Container to hold about 10 oz of hot water
- Spoon or fork
- Mirror
- Container with about 10 oz of cold water
- Timer

### Helpful Tips

- Video instructions are available on our website at [dentemp.com/sleeptight](http://dentemp.com/sleeptight)
- Bring the water to a full boil (with large bubbles).
- It may take up to a week to get used to the new dental guard.
- The SleepTight has been designed with a preset jaw advancement to help your snoring right away. Use the SleepTight for 3-7 days to determine its benefit.
- If you still have snoring, you can repeat the fitting process, moving your jaw a little more forward to increase the airway size. Use the fitting handle and follow the original fitting steps.

### Installing the Fitting Handle

Holding the mouthpiece with the V-shape notch at the top and the handle opening toward the bottom, make sure the handle is oriented with the long ridge on top. Insert the handle into the opening from the inside arch of the mouthpiece. Push the handle through the opening until the curved end aligns with the arch of the mouthpiece.

### Heating

1. Bring a small pot of water to a rolling boil, then pour the water into a container.

2. Wait **10 seconds**, then carefully submerge the SleepTight in the hot water for **2 minutes**. Use a spoon to help hold it completely underwater.

3. Carefully remove the SleepTight from the hot water to begin fitting. If the edges have folded over, straighten them back into the original horseshoe shape.



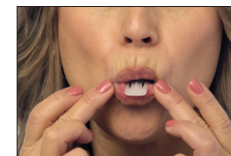
### Forming

**CAUTION: Before placing the SleepTight in your mouth, test its temperature with the tip of your finger. It should be at a warm but comfortable temperature.**

4. Using a mirror, carefully place the SleepTight on your lower teeth. Make sure that it is centered on your teeth, with the V-shape notch at the top.



5. Align upper teeth into the tray and **gently** bite down on the SleepTight. You may need to move your jaw slightly forward.



**NOTE: Do not clench down 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 is firm, place it in the container of cold water for **5 minutes**.