

# GoodSleepco™

## How to use Hushd - Step by Step

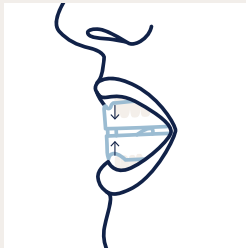


### Step 1

#### → Prep for molding

To mold the Hushd device, soak it in water that is 70 degrees celcius for about 25 seconds.

(Tip - Combine 150ml boiled water with 50ml cold water to achieve 70 degrees.)



### Step 2

#### → Mold the device

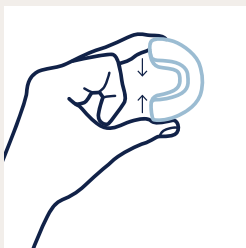
Bite firmly on the device to make an impression, and use your fingers to press against the outside for best fit.



### Step 3

#### → Secure the mold

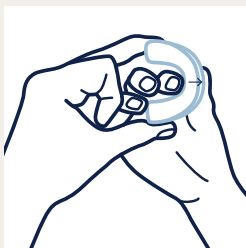
After shaping, soak the device in cold water for about 60 seconds to make the shape hold.



### Step 4

#### → Prep for titration

Hold the device in one hand (create a 'P' shape).



### Step 5

#### → Device titration

Squeeze the sides and move the Lower arch forward one notch. Ensure both sides are even. (One notch is enough to start with.)



### Step 6

#### → Commence use

Trial the device overnight by putting it in your mouth while you sleep.



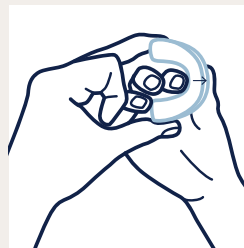
### Step 7

#### → Clean & Store

After use, rinse the device with water. This will become a daily routine while you are using the device.

(We recommend cleansing the device with our specialised Cleaner which kills 99.9% of bacteria and extends the lifespan of your device.)

Place Hushd in storage box until next use.



### Step 8

#### → Increase titration

Review your sleep quality.

(We recommend using our SleepCare app to review your sleep.)

If you'd like to increase titration, repeat Step 5, and move the lower arch forward one notch. (Repeat this step as required to increase the titration of your device.)



If you would like more information, please contact us:

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