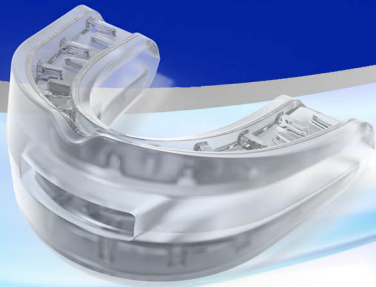


sleepPro Sleep Tight



Fitting Instructions

Please read these instructions carefully before fitting your new mouthpiece and if possible get someone else to read the instructions to you as you fit it.

What to expect in the first few weeks

Your partner will know whether Sleep Tight is working on the first night. However, it can take anything from a few days to couple of weeks to get used to wearing a mouthpiece. As soon as you know that pushing your jaw forward stops you snoring, even if only for a short while, you can then consider upgrading to a SleepPro Custom, in the confidence that it will also work and that it will be easier to wear through the night. Or, like many customers, you may choose to stay with a Sleep Tight. Some people say that for the first few nights they have difficulty keeping the mouthpiece in their mouth all night, and it may fall out while asleep. This is normal and improves with time. Some people wear the appliance for short periods during the day while they get used to it. You are less likely to have these problems with a custom-made splint, like a Custom.

The splint will feel more comfortable with time. Many people experience discomfort in the front teeth during the settling in period. This is normal and usually disappears shortly after removing the mouthpiece. However, if the discomfort is excessive, or you feel that damage is being done to your teeth or gums, then stop using the device immediately and contact us. Once again, a custom made splint, like a SleepPro Custom is likely to alleviate these problems.

Snoring and Sleep Apnoea (Apnea)

Most people with Obstructive Sleep Apnoea (OSA) snore, but only a small percentage of snorers have OSA. If your partner has noticed pauses in your breathing while you sleep, or if you have any significant daytime tiredness, then you should mention this to your doctor and ask them about having a sleep study.

SleepPro Custom • Made to fit you perfectly

If you find Sleep Tight has worked, but you would like something even more comfortable and easier to breathe through than the Sleep Tight, then you may want to upgrade to a bespoke and perfectly fitting oral appliance that is custom-made to the shape of your jaw. The SleepPro Custom is made from a dental impression kit that can be fitted at home, or by your dentist. It takes a perfect impression of your teeth and is made into a bespoke mouthpiece. You may buy a SleepPro Custom from our website shop at www.sleeppro.com

It is very important to familiarise yourself with these instructions.

Please do not attempt to fit the mouthpiece until you understand the instructions and please follow them as precisely as possible. Ensure the white insert for the breathing holes is in place and make sure it goes all the way through. It would point away from your face if the splint was in your mouth. SleepPro Sleep Tight has a top and a bottom. The top has a notch. Practice the moulding procedure a couple of times until you are comfortable with it. Push your jaw forward so that your lower front teeth are slightly in front of your upper front teeth. For most people, this is going to be the position where you want the splint to hold your jaw. However, you may need to try a few different positions before you find one that is right for you (your comfort spot). The idea is to push your jaw far enough forward to open your airway, but not so far forward that it causes discomfort and stops your sleeping. Don't worry if you don't get it right on the first attempt. Just take a relaxed attitude and repeat the moulding process until you feel you have got it right. It is normal for you to repeat the fitting process several times. Details are overleaf.

Peaceful Sleep at Last

Thank you for ordering a Sleep Tight appliance. Mandibular advancement splints work by pushing the jaw forward to create more space to breathe through in the upper airway and by gently stretching the soft palate. This can be a very effective way of stopping snoring and also of making it easier to breathe while asleep.

Most people can fit a Sleep Tight themselves with no complications. However, some people benefit by having their dentist assess their teeth prior to fitting. If you think that this maybe the case for you, then please make a dental appointment before fitting the device.

We want you to overcome your snoring or sleep problem, but we don't want you to come to any harm. In the unlikely event that your dentist advises that a splint is unsuitable for your teeth, then please contact us. Please take your SleepPro mouthpiece with you every time you go for a routine dental check-up. Tell your dentist that you are using a mandibular advancement splint and ask him or her to check for signs that it may be affecting your teeth or gums.

Helpful Hints

Please follow the fitting instructions very carefully and please note that a SleepPro mouthpiece may be unsuitable for people with bridgework. If your Sleep Tight does not work straight away on the first night, then it may simply need to be remoulded. Do not persevere in the simple hope that it will get better. It will not. It needs to be remoulded.

For example

- ★ If you are still snoring, then you may need to remould the Sleep Tight with your jaw further forward.
- ★ If your jaw muscles hurt, then you may need to remould it with your jaw less far forward.
- ★ If it stops you snoring, but then your jaw drops out and you start to snore again, then you need to remould it taking extra care to push the mouthpiece against your teeth with your fingers and tongue during the moulding process, or upgrade to a SleepPro Custom. You may also like to try our SleepPro Chin Support Strap which is designed to keep your mouth from flopping open while asleep.

Should you have any problems fitting your Sleep Tight, please read our Frequently Asked Questions and Answers document which has lots of information about what to do if your SleepPro mouthpiece does not work. The white plastic insert that comes with the SleepPro is very important. It is only used during the fitting process and is designed to keep the breathing holes open during the fitting process. It has another useful function and that is a way of seeing whether you have pushed your jaw forward, as it will rise like a drawbridge when you jaw goes forward. Once you have completed the fitting, you should remove it, but keep it somewhere safe in case you decide to redo the fitting at a later date.

Disclaimers: While it is unlikely you will encounter any significant problems with the use of a simple SleepPro mandibular advancement splint, please note that MEDITAS Ltd. accepts no liability for problems arising from the use of SleepPro products. If you do experience any complications, then please stop using the splint immediately and contact us.

Please note that the conditions of sale and use of this product relate to the laws of England and Wales and the regulatory guidelines of the United Kingdom.

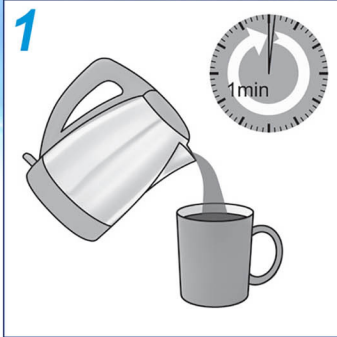
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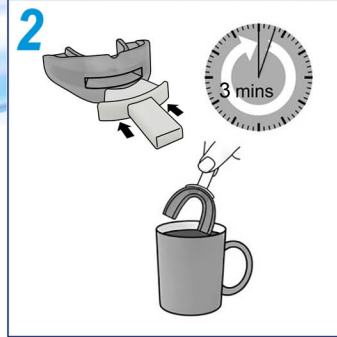
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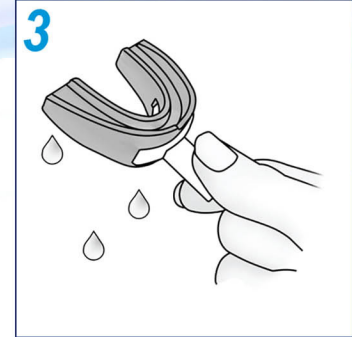
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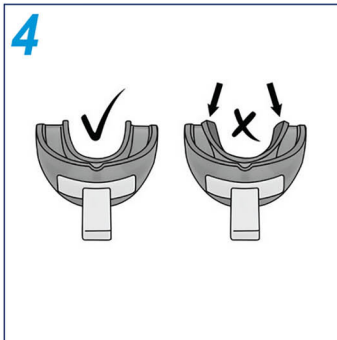
Boil some water and pour it into a mug. Let it cool for one (1) minute. If the water is too hot, the mouthpiece will become rough and may be unwearable. Do not boil it in a microwave.



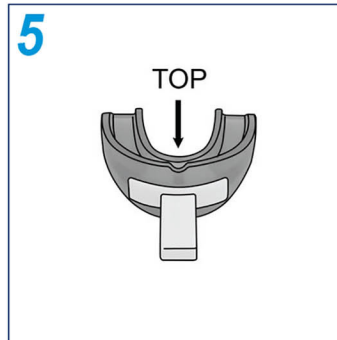
Completely immerse the SleepPro for three (3) minutes in the hot water (use a spoon or fork). Immerse it for longer if you need it softer and easier to bite into. It should be soft enough to take an impression of your teeth and change shape as you move your jaw forward.



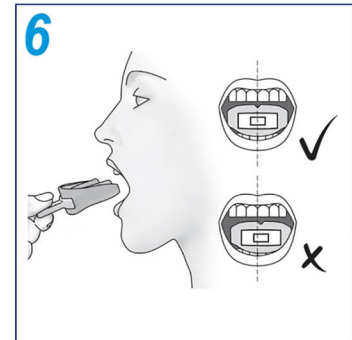
Remove and shake off any excess water and check it is not too hot.



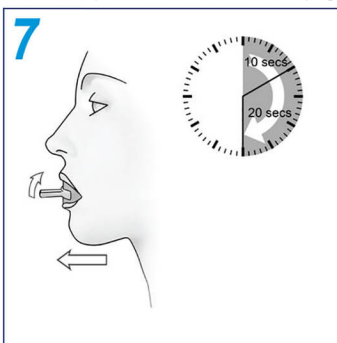
Push any floppy bits back into place using your fingers on the inside of the "horseshoe" - top and bottom. The plastic will be quite soft. Check that the sides have not flopped down as they will catch on your teeth when you bite into the mouthpiece. Push them back upright.



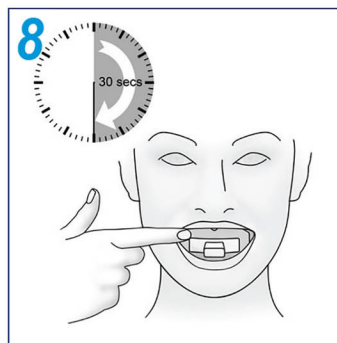
Check it is the right way up and that the notch is positioned at the top.



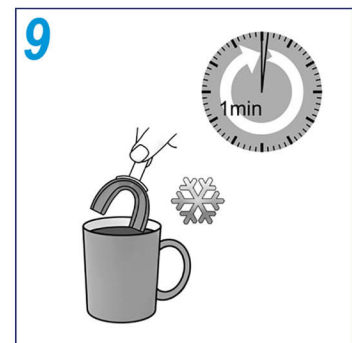
Put it on your lower teeth first and gently close your mouth. Make sure that you use a mirror to see what you are doing. Align it centrally as shown in the diagram above.



Bite hard and move your lower jaw forward. To begin with, try with your lower front teeth in-line or slightly forward of your upper teeth. Bite hard for 10 seconds and then bite firmly for another 20 seconds while doing the next steps. If you bite through the mouthpiece, this is not usually a problem, but, if your upper and lower lower teeth are touching, then you should not use the mouthpiece. **Drawbridge Effect:** Look for this to happen when you push your lower jaw forward. You should see the insert for the breathing holes rise up like a drawbridge. It should start horizontal and elevate as you push your jaw further forward. Most people need to see at least some rise in the "drawbridge" for the mouthpiece to have any effect. How much? It varies from person to person, but you'll soon find what is comfortable for you. Suck in to help keep the white plastic insert in place as well as to remove excess saliva and help get a good fit.



Mould the mouthpiece against your teeth. Use your Index Finger like a Toothbrush: robustly rub the outer section of the mouthpiece against your teeth - as if you are brushing your teeth with your index finger. This will help it take the shape of your teeth. Tongue: Push hard with your tongue against the mouthpiece, particularly against the back of your lower front teeth. Blow out through your mouth if it is too hot.



Remove after 30 seconds and put in cold water, until it has cooled and then try the mouthpiece in your mouth. You have completed the process.

Repeat the process.

You will probably get a better fit if you repeat the fitting process at least once. You can also make further adjustments after the first night if you feel it is necessary. Remember to remove the white plastic insert from the breathing hole before you wear your SleepPro mouthpiece, but don't throw it away as you will need it in the future if you decide to remould it.

What you will need before you start to mould your SleepPro mouthpiece

- At least one cup of water
- A kettle or a pot. Do not use a microwave.
- A mug to put just boiled water into
- Cold water from a tap or in a bowl or second cup
- A spoon or fork to scoop the impression tray out of the hot water so you don't scald your fingers
- A watch or a timer
- A mirror to help you see what you are doing