



## SnoreMender® 4 Instructions

These instructions, and our FAQ, are available at [www.snoremenders.co.uk](http://www.snoremenders.co.uk)

The SnoreMender is intended to treat snoring in adults. It is worn when sleeping and holds the lower jaw slightly forward to open up the airway and reduce snoring.

### When SnoreMender cannot be used

If you have dentures / missing teeth / implants / braces / bridgework / other weaknesses in your front 8 upper or front 8 lower teeth you should check with your dentist, to make sure they are strong enough to support the SnoreMender.

Unless advised by your dentist or doctor, the SnoreMender must not be used if you:

- have severe gum disease or bleeding gums
- have jaw pain or temporo-mandibular joint (TMJ) disorders such as a clicking jaw, or locking jaw when you open your mouth
- have loose teeth / crowns / caps / fillings in the front 8 teeth of either jaw
- have a severe respiratory disorder
- have been diagnosed with **central** sleep apnea (a neurological condition)
- have allergies against ethylvinylacetate copolymer (a non-toxic thermoplastic commonly used in oral devices, which contains no BPA or latex)
- are under 18 years old

### Caution

Use of an anti-snoring mouthpiece, such as the SnoreMender, may cause:

- Gum irritation or dental soreness
- Tooth movement or changes in the dental occlusion or bite
- Pain or soreness of the jaw or facial muscles
- Obstruction of oral breathing
- Loosening and/or dislodging of dental fillings or crowns
- Excessive salivation

If you experience problems related to using your SnoreMender, please immediately discontinue use and contact us for advice at [help@snoremenders.co.uk](mailto:help@snoremenders.co.uk).

## How to use

**TO USE:** First set the SnoreMender strength by connecting the adjuster. The SnoreMender can be set in 6 different positions. 1 peg connected is the weakest position. Positions 5 and 6 require modifying the strap (see later). You should use the lowest strength that is effective.



Adjuster in position 3

**HINT:** Wet the adjuster to make it easy to fasten

We recommend starting with 3 of the pegs engaged and increasing / decreasing as required for comfort and effectiveness.

Before going to sleep, fold the SnoreMender and place in the mouth.



← Fits over Upper teeth

← Fits behind Lower teeth

**HINT:** The hinges may be too springy at first, which can make the SnoreMender rub the gums or hold your mouth open wide at first. To solve: using gloves or tongs, hold the hinges in a bowl of boiling water for 60 seconds with it folded closed, shake dry, squeeze the hinges firmly together and hold in cold water for 60 seconds.

The SnoreMender works by moving the lower jaw slightly forwards which can be felt as a forward pressure on the lower teeth, indicating correct use.

The SnoreMender should work immediately, but the jaw and teeth may ache for the first few weeks, which is normal. This usually goes away within a few minutes of removing the SnoreMender but teeth may feel sensitive for longer at first.

**If the teeth or jaw continue to ache significantly, after the first 2 weeks of use, or for more than 2 hours after use, please reduce the strength setting.**

**The key is to persevere - give yourself time to get used to it.** Our staff includes long time users of SnoreMenders – if you have any difficulties, please see our FAQ or email us at [help@snoremenders.co.uk](mailto:help@snoremenders.co.uk).

Occasionally at night your SnoreMender may fall out. This is normal and should happen less over time - if it keeps falling out, please try reducing the strength setting.

Sometimes the SnoreMender may cause excess saliva or a dry mouth - your mouth will usually adjust within two to four weeks.

## Additional strength settings if you are still snoring

If position 4 (all 4 pegs connected) is not stopping the snoring, you can cut off either one or two of the pegs and holes to use the 5<sup>th</sup> and 6<sup>th</sup> strength settings. Use sharp scissors and cut the minimum possible (see diagram), and connect all remaining pegs.



Adjuster trimmed for position 5

If the SnoreMender is still not stopping your snoring, please email us at [help@snoremenders.co.uk](mailto:help@snoremenders.co.uk) for advice.

## Cleaning SnoreMender

Before every use, unfasten the connector and wash by hand in warm water, with soap. Rinse well and re-fasten while still wet.

Do not use anything abrasive to clean the SnoreMender.

You can use mild sterilising fluids such as are used for dentures, if required.

## If the SnoreMender is rubbing the gums or lips

This is usually because the hinges are too springy, forcing the edges into the gums. To solve: using gloves, hold the hinges in a bowl of boiling water for 60 seconds with it folded closed, shake dry, squeeze the hinges very firmly together and hold in cold water for 60 seconds.

If it is still rubbing, for the upper part, you can trim the connector straps. You can use nail scissors to trim a strip off the top edges. For the part with the pegs, you can trim right up to the edges of the pegs. For the part with the holes in, you should not trim closer than about 1mm (1/32 inch).

For the lower part you can use a nail file and file the edges down, or nail scissors to trim them. You will need to press firmly with the file. It is best to do one half first, so you can see how much you have filed. About 1 mm (1/32 inch) is usually enough.

You can smooth any rough edges by gently using a nail file.

Note that these adjustments do not invalidate the guarantee.

## If the SnoreMender slips out of place

Sometimes the lower part of the SnoreMender may be too wide, so it will not fit inside the lower teeth without squeezing it into place, and it will then sometimes 'pop off the teeth'. In this case, the following adjustment should help:

1. Put some **boiling** water in a bowl.
2. Hold the lower front half of the device in the water for 90 seconds.

3. Firmly squeeze the lower front part together firmly to make it narrower.
4. Hold in position and put in cold water for 60 seconds to cool.

If you make it too narrow, you can just put it back in the hot water for a few seconds and it will return to the original shape.

## Other fitting problems - general moulding

Sometimes the teeth may be misaligned, or there may be parts of the mouth that the SnoreMender is rubbing. The following adjustment will make the SnoreMender fit better:

1. Put some **boiling** water in a bowl.
2. Put the whole device in the water for 60 seconds.
3. Shake dry, check it is not too hot then put the SnoreMender in the mouth and bite down firmly, to force it into place.
4. Hold in position for 90 seconds while it cools.

## Overactive gag reflex - acclimatisation

The following steps should help while you acclimatise:

- Warm it slightly in warm water before wearing.
- Hold it in place with your fingers, so your body knows you are in control of it.
- Start a few seconds at a time and build up your ability to not gag.

## Replacing your SnoreMender

Eventually your SnoreMender will need replacing - typical lifetimes are between 9 and 18 months. If you notice it becoming less effective, please visit [www.snoremenders.co.uk](http://www.snoremenders.co.uk) to purchase a replacement.