

SNOREMENDER® INSTRUCTIONS – www.snoremenders.co.uk

When SnoreMender can and cannot be used

As stated on our web site and promotional materials, there are situations when SnoreMender cannot be used, including:

- If you have an excessively receding jaw (overbite 5mm (3/16 inch) or more) or a protruding lower jaw.
- If you suffer from gum disease / jaw pain / TMJ dysfunction (TMD) / loose teeth you must not use SnoreMender.
- If you have dentures / implants / braces / bridgework (not including crowns) / other weaknesses in your front 6 upper or front 6 lower teeth you should check with us or your dentist, to make sure they are strong enough to support your SnoreMender.
- People under 18 years old MUST NOT use SnoreMender.

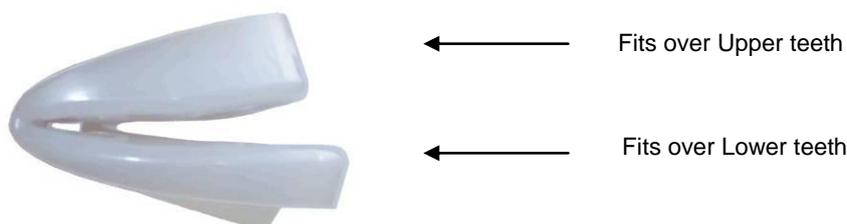
How to Use

If you experience prolonged discomfort, bleeding, loose or moving teeth, excess jaw pain, bite changes or other problems related to using your SnoreMender, please immediately discontinue use and contact us or your dentist for advice.

If your snoring does not stop immediately, please contact us for specific adjustment instructions for your situation.

Your SnoreMender **should always be stored flat in its case** to maintain the springiness of the hinges when worn.

Before going to sleep, fold the SnoreMender and place in the mouth, short side up. Adjust so the trays fit over the teeth.



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 - if upside down it will feel loose and not push your lower jaw forwards.

The SnoreMender works from the first night you wear it, but for the first few weeks you may get aching in the jaw and teeth, which is normal as your body adjusts. This usually goes away within a few minutes of removing the SnoreMender but teeth may feel sensitive for longer at first. Note that with proper use there is no permanent effect of SnoreMender on jaw or teeth.

There is a cumulative effect of wearing the device, and over the first couple of weeks, your jaw will get more used to the forward position, and need less pressure to hold it there, so before doing any adjustments, give it a few days.

The key is to persevere - give yourself time to get used to it. See overleaf for further help. Our staff includes users of SnoreMender over many years – if you have any difficulties, please email us at help@snoremenders.co.uk

Occasionally at night your SnoreMender may fall out. This is normal and will happen less and less over time (more below).

Some may find excess saliva or dry mouth - your body will usually adjust within a week or two.

Cleaning and Maintaining SnoreMender - NEVER OVERHEAT – MAX 70°C / 158°F !!!

1. Wash by hand in lukewarm water, with soap
2. Once clean, hold opened out **flat** and **hold the hinges under the hot tap (MAX 70°C / 158°F) for 30 seconds to soften them slightly – you should feel the hinges relax and open out when you do this.**
3. Keep help flat while drying with a towel
4. Once dry, place flat in the carrying case (the hinges will still be warm) – this helps maintain the springiness in the hinges
5. Note – as long as the SnoreMender is flat after step 3, you do not need to keep it in its case, but you must make sure it has completely cooled down before use (either 90 seconds in cold water, or wait 30 minutes before using)

SnoreMender is made of heat sensitive material, so it **should never be exposed to excess heat** - 70°C / 158°F maximum!

SnoreMender Not Working / Falls Out / Slips off teeth at night

Before adjusting SnoreMender, check cleaning instructions carefully – correct cleaning is important to maintain proper fit.

If the SnoreMender is not stopping snoring, then it either is not fitting correctly, or is not extending the lower jaw enough.

Even if fit is OK, to stop snoring, first make the top and bottom teeth adjustments, as they also increase jaw advancement.

1. Bottom Teeth Fitting – and increasing lower jaw advancement

If it is slipping off the inside of the lower front teeth (these teeth are typically angled to around 45 degrees), you need to make the contact area more upright so it hooks onto the lower teeth more, by:

1. Put 1 cup **cold** water and 2 cups boiling water in a bowl (**MAX 70°C / 158°F**)
2. Dip lower jaw front part in water for 30 seconds
3. Put thumb in middle and pull lower contact area away from hinge, into an upright position
4. Maintain position for 60 seconds
5. The lower contact area should now be more curved to the vertical (See picture below)

- If edge now rubs gums inside lower front teeth, either mould again to partially undo adjustment, or trim (using sharp scissors) up to 1-3mm (1/8 inch) from the edge



2. Top Teeth Fitting – and increasing lower jaw advancement

If it is slipping off the top teeth, you need to mould the upper part of the SnoreMender, so it hooks onto the teeth better, by:

- Put 1 cup **cold** water and 2 cups boiling water in a bowl (**MAX 70°C / 158°F**)
- Dip upper jaw front part in water for 30 seconds
- Push the upper edge into the palm of your hand, to push it backwards towards the hinge (see picture below)
- Hold like this for about 60 seconds, while it cools (or hold and run under cold tap)
- This should now help the top part of the SnoreMender hook on to the upper teeth.



3. Further increasing lower jaw advancement

- Put 1 cup **cold** water and 2 cups boiling water in a bowl (**MAX 70°C / 158°F**)
- Hold lower front piece (NOT the hinges) in the water for 60 seconds, while it softens
- Pull lower tray outwards (by putting thumb through middle and pulling away from hinges). You should feel it lengthening.
- You should see it is now narrower and elongated
- You can try it several times, until you get the length required - start cautiously and get the feel of how hard to pull it.



Overactive Gag Reflex - Acclimatisation

The following steps should help while you acclimatise:

- Warm it slightly in warm water (to body temperature) 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

Misaligned Tooth – adjusting SnoreMender for comfort

If you find SnoreMender is pressing against a particular tooth you can adjust the SnoreMender, first by moulding it, and if that is not enough, by trimming SnoreMender (contact help@snoremenders.co.uk for trimming information). To mould:

- Wear SnoreMender and estimate, or mark with a pen / felt tip, where the tooth contacts SnoreMender
- Put 1 cup **cold** water and 2 cups boiling water in a bowl (**MAX 70°C / 158°F**)
- Dip just the part you want to mould in the bowl and hold for 30 seconds while it softens
- Use your thumbnail (or a spoon handle) to push an indentation in at the place the tooth touches the SnoreMender.
- Hold that position while holding it under the cold tap for 30 seconds
- You should now see a small indentation in the material and notice less pressure on that tooth when wearing it.

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 to purchase a replacement.