

# SNORERx® Instruction Booklet

Read Fully Before Proceeding

SnoreRx is intended for use on adult patients 18 years of age or older as an aid for the reduction of snoring.



**⚠ DO NOT CHANGE THE FACTORY SETTING UNTIL YOU BOIL AND BITE**

CONTENTS:

(1) MOUTHGUARD, (1) STORAGE CASE, (1) FITTING TRAY, (1) INSTRUCTION BOOKLET

## Warnings & Information

### ⚠ Contraindications

SnoreRx should **NOT** be used by patients who:

- Have central sleep apnea
- Are under the age of 18
- Have a history of TMD, temporomandibular disorder
- Have a respiratory disorder
- Have loose teeth, abscesses, severe gum disease or advanced periodontal disease
- Wear dentures, braces or other dental appliances
- Have implants, crowns, or caps unless approved by their dentist

### ⚠ Warnings

Use of SnoreRx may cause:

- Gingival or dental soreness
- Pain or soreness to the temporomandibular joint
- Obstruction of oral breathing
- Excessive salivation
- Tooth movement or changes in dental occlusion

### ⚠ Precaution

Any medical history including asthma, breathing, respiratory disorder or other relevant health problems should be considered prior to using SnoreRx.

## Custom Fitting Instructions

### Contents



SnoreRx



Storage Case



Fitting Tray

### Custom Fitting Materials



Timer



Mug



Bowl of cool water



Microwave

**NOTE:** Avoid using a stove top to heat the water. The hot metal surface of a pan may destroy the material of the device.

## Custom Fitting Steps

Before proceeding, review video instructions at: [snorerx.com/support](http://snorerx.com/support)

- STEP 1:** Ensure SnoreRx is properly secured to the fitting tray.
- STEP 2:** Bring a mug of water to a full boil using a microwave.
- STEP 3:** Hold the end of the fitting handle and submerge SnoreRx into the mug of boiled water for **PRECISELY 60 SECONDS**.
- STEP 4:** Use the fitting handle to remove SnoreRx from the mug of boiled water. Dip SnoreRx into the bowl of tap water for 2-3 seconds to remove any hot water.
- STEP 5:** The top of SnoreRx is indicated by the word 'SQUEEZE' on both sides. Center your teeth into both the top and bottom of SnoreRx and bite down firmly for 30 SECONDS to create your custom impression.
- STEP 6:** Remove SnoreRx from your mouth and place it in the bowl of cool water for 5 minutes to set the impression.
- STOP Evaluate your Impression**  
Do you see well-defined tooth marks on SnoreRx? If yes, proceed to step 7. If not, repeat steps 1-6. The fitting process can be done up to a maximum of two times.
- STEP 7:** Remove SnoreRx from the bowl of cool water. Separate SnoreRx from the fitting tray by squeezing in both sides of the fitting handle and sliding the device off.

# Adjustment Instructions

## Steps for Adjustments

1: Hold SnoreRx in your right hand in a 'C' position and place your thumb and index finger on the upper tray over the word "Squeeze." Do not rest your fingers on the bottom tray.



2: While squeezing on both sides of the device, use your other hand to push or pull the bottom tray to the desired setting. The adjustment will lock into place when you release your fingers from the word "Squeeze."



3: Ensure both sides of the device indicate the same adjustment setting.

Video instructions are available online at:

[www.snorerx.com/instructions](http://www.snorerx.com/instructions)

# User Information

## Proper Usage Information

Before using SnoreRx please read through the information below,

- Brush your teeth prior to using SnoreRx.
- Begin wearing SnoreRx at the factory setting of 1 mm.
- Your SnoreRx is custom-fitted to your mouth and should not be used by anyone else.
- If snoring is not reduced, advance the setting to a higher number. Each setting should be worn a minimum of three to five nights prior to adjusting. Most can be treated with a setting of 3-5 mm.
- SnoreRx works best if you sleep on your side or stomach. Specially designed pillows and "leg pillows" are available to help you stay on your side during sleep.
- Some people may experience excessive salivation, dry mouth and tenderness of the jaw, teeth and gums during initial use. To minimize this effect, SnoreRx should be worn for 1-3 hours for the first 2-3 days while awake. This will help acclimate your mouth to wearing SnoreRx.
- If you are bothered by SnoreRx and it causes you to wake up, remove it from your mouth and go back to sleep. Each night, you should be able to sleep longer with the device.

# Care & Handling

## Cleaning & Maintenance

- Gently brush your SnoreRx with your toothbrush and toothpaste after each use. An ultrasonic cleaner works best. It is also recommended that denture tablets are used every two weeks.
- Allow SnoreRx to dry before storing in the case. It should always be stored in a cool, dry place.
- Do not use harsh chemicals or household cleaning products such as mouthwash, bleach, or ammonia.

### ⚠ Caution

- Snoring may be a sign of sleep apnea, a medical condition associated with cardiovascular risks, neurovascular risk, risk of motor vehicle accidents, and mortality. We recommend that you speak with your dentist and/or physician about your snoring and whether you might have sleep apnea. SnoreRx is not a treatment for sleep apnea.
- Improperly fitting and adjustment of SnoreRx may cause damage to your teeth, gums, and jaw. Advise your dentist at your annual visit that you are using SnoreRx and ask him/her to evaluate the fit and monitor for changes to your teeth, gums, and jaw.
- Discontinue use of this device and notify your dentist if you notice any signs of tooth movement, changes in your bite, persistent pain or discomfort, or if you had trouble fitting the device.

**NOTE:** Anyone who believes they may have sleep apnea should consult their health care professional. SnoreRx is not cleared by the FDA for the treatment of sleep apnea.

# SNORERx



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