

INSTRUCTIONS

Read Before Proceeding

SNORERx[®]

DO NOT CHANGE THE FACTORY SETTING
UNTIL YOU BOIL AND FIT



Video Instructions: www.snorerx.com/instructions

SnoreRx is an intraoral appliance to reduce snoring by keeping the patient's airway open. *SnoreRx is intended for use on adult patients 18 years of age or older as an aid for the reduction of snoring.*

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 received dental implants within the past year
- Have dentures or are undergoing orthodontic treatment
- Have loose teeth, abscesses, or severe gum disease
- Have a history of chronic asthma, emphysema, or any respiratory disorder, unless approved by their physician.

WARNINGS

Use of SnoreRx may cause:

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

Dentists should consider the medical history of the patient, including history of asthma, breathing, respiratory disorder, or other relevant health problems, and refer the patient to the appropriate healthcare provider before prescribing the device.

CUSTOM FITTING INSTRUCTIONS

Materials required for custom fitting are:

• Timer



• Non-metal cup



• Bowl of cold tap water



• Spatula or tongs



• Microwave



CUSTOM FITTING STEPS

STEP 1: Ensure SnoreRx is set on the factory setting of 3mm.

STEP 2: Bring the mug of water to a full boil.

STEP 3: Submerge SnoreRx into the boiled water for **PRECISELY 90 SECONDS**. Remove device using a spatula or tongs.

STEP 4: Quickly dip SnoreRx into a bowl of tap water for **2 - 3 SECONDS** to remove any hot water.

STEP 5: Bite down firmly into the device for **30 SECONDS**.

STEP 6: Remove SnoreRx from the mouth and put it in a bowl of cold tap water for **60 SECONDS** to set the impression.

STEP 7: SnoreRx should display prominent teeth marks. If this does not occur repeat steps 1 - 6 (up to 3 times).

ADJUSTMENT INSTRUCTIONS



1. Using your right hand-thumb and forefinger located on, (push▲), squeeze in both sides of the upper tray simultaneously. This disengages the locking mechanism. (It re locks when released).

2. Using both your right thumb and forefinger squeeze in, (push▲) both sides of the upper tray. Simultaneously, advance the lower tray forward by using your left thumb to push the upper tray forward - each click represents 1mm. To move the upper tray back, rock the tray one side at a time, while squeezing in both sides, (push▲).

For more information on how to adjust your SnoreRx, refer to www.snorerx.com/instructions

USER INFORMATION

- Brush your teeth prior to using SnoreRx.
- Your SnoreRx has been custom-fitted to your mouth and should not be used by anyone else.
- 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.
- Begin wearing SnoreRx at factory setting of 3mm.
- Some people may experience excessive salivation, dry mouth and tenderness of the jaw, teeth and gum during initial use of SnoreRx. To minimize this effect, SnoreRx should be worn for 1-3 hours for the first 2 days. This will help acclimate your mouth to wearing SnoreRx.
- If you wake up in the middle of the night and are bothered by your SnoreRx, remove the device and go back to sleep. Each night, you should be able to sleep longer with your SnoreRx.
- SnoreRx can be adjusted to a higher setting by 1mm increments for maximum effectiveness. Most are treated with a setting between 3 - 5mm.

CARE & HANDLING

- Store SnoreRx in its case in a cool, dry place.
- Regularly clean SnoreRx with a toothbrush and toothpaste. An ultrasonic cleaner is best. Denture tablets are also recommended.
- Do not use harsh chemicals or household cleaning products such as bleach or ammonia.

CAUTION

If you experience prolonged discomfort, bleeding, loose or moving teeth, excess jaw pain, limited jaw movement, bite changes or other problems that may be associated with using SnoreRx, immediately discontinue use and contact your dentist or physician for advice. Advise your dentist during your periodic examinations that you are using SnoreRx.

Any patient who believes they may have Sleep Apnea should consult their health care professional. SnoreRx is not for the treatment of Sleep Apnea.



SnoreRx is unconditionally guaranteed for a full refund of the purchase price within 30 days

R_x Caution U.S. Federal law restricts this device to sale by, or on the order of a physician.

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EC REP

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