

# INSTRUCTIONS

Read Fully Before Proceeding

# SNORERx<sup>®</sup>

DO NOT CHANGE THE FACTORY SETTING  
UNTIL YOU BOIL AND FIT



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

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

Contents: (1) Mouthguard (1) Retainer Case (1) Instruction Booklet

## 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
- Pain or soreness to the temporomandibular joint
- Obstruction of oral breathing
- Excessive salivation

## PRECAUTION

Any medical history including asthma, breathing, respiratory disorder or other relevant health problems should be considered prior to using SnoreRx. In addition, consumers that score 3 or greater on the STOP Bang questionnaire should consult with a medical physician prior to using the device.

## CUSTOM FITTING INSTRUCTIONS

For the clinician:

Materials required for custom fitting are:



Timer



Non-metal cup



Bowl of tap water



Spatula or tongs



Microwave

## CUSTOM FITTING STEPS

Before wearing SnoreRx, follow the "boil and bite" process to custom fit the device to your teeth.

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

**STEP 2:** Bring the cup of water to a full boil in the microwave.

**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 tap water for **60 SECONDS** to set the impression.

**STEP 7:** SnoreRx should display a prominent impression of your teeth.

Note: If you do not see teeth marks on the device, repeat the custom fitting steps. The custom fitting steps cannot be repeated more than three times.

## ADJUSTMENT INSTRUCTIONS

Video instructions are available online at:  
[www.snorerx.com/instructions](http://www.snorerx.com/instructions)



**STEP 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.



**STEP 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."

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

## USER INFORMATION

- Brush your teeth prior to using SnoreRx.
- Begin wearing SnoreRx at the factory setting of 3mm.
- Your SnoreRx is 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.
- Some people may experience excessive salivation, dry mouth and tenderness of the jaw, teeth and gums 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 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 3-5mm.
- If you wake up in the middle of the night and are bothered by SnoreRx, remove it from your mouth and go back to sleep. Each night, you should be able to sleep longer with the device.

## 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 like 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.

Anyone who believes they may have sleep apnea should consult their health care professional. SnoreRx is not for the treatment of sleep apnea.

## STOP-BANG SURVEY

These clinicians' questions will help you evaluate and determine if a patient needs to be tested for sleep apnea or a respiratory disorder:

Do you snore loudly? **yes or no**

Do you often feel tired, fatigued, or sleepy during daytime? **yes or no**

Has anyone observed you stop breathing during sleep? **yes or no**

Do you have, or are you being treated for high blood pressure? **yes or no**

Are you obese / overweight - BMI more than 35 kg/m<sup>2</sup>? **yes or no**

Are you over 50 years old? **yes or no**


Neck circumference >16 inches **yes or no**

Are you male? **yes or no**

For patients who are symptomatic for any of the above conditions answer YES to 3 or more questions, please contact a physician to evaluate the patient for sleep apnea / respiratory disorder.

*\*STOP-BANG medical survey*

## MANUFACTURER

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Booklet Part No: SN131 Rev 6 Effective Date 8/1/17