

SnoreRx Pro Adjustment Instructions

SNORE[®]R_X PRO

Watch video instructions at:
www.snorerx.com/instructions

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Step 1

Remove the upper tray by lifting it up from the front and gently flipping it towards the back of the device. The hooks on the back of the tray will easily slide out of the holes. You do not need to adjust this upper tray. Set it aside while you adjust the rest of the device.

02



Step 2

Hold the top of the device in one hand and support the bottom half with your other hand. Position the device so that your upper hand is in a 'C' shape and the arch is facing away from your hand. Place the thumb and index finger of your upper hand over the word 'SQUEEZE' that is printed on both sides of the center plate. Do not let your thumb and index finger touch the bottom tray.

03



Step 3

Squeeze both sides of the plate with your thumb and index finger, and use your other hand to gently push or pull the bottom tray to the desired setting. The plate will lock into place when you release both of your fingers from the word 'SQUEEZE.'

Place the upper tray back onto the plate after you have found your desired settings.

Before using SnoreRx Pro please read through the information below:

- Brush your teeth prior to using SnoreRx Pro.
- Begin wearing SnoreRx Pro at the factory setting of 1 mm.
- Your SnoreRx Pro is custom-fitted to your mouth and should not be used by anyone else.
- If snoring persists, advance your SnoreRx Pro to a higher adjustment setting. Wear each new adjustment setting for at least three to five nights before advancing to another setting. **A setting of 3-5 mm is sufficient in most cases.**
- SnoreRx Pro works best if you sleep on your side or stomach. Specially designed pillows and "leg pillows" can help you stay on your side while sleeping.
- Some people experience excess salivation, dry mouth, or tenderness of the jaw, teeth, or gums when they start using SnoreRx Pro. You can minimize these effects and acclimate your mouth to SnoreRx Pro by wearing the device for 1-3 waking hours per day for the first 2-3 days.
- If the SnoreRx Pro device bothers you and causes you to wake up, remove it from your mouth, go back to sleep, and try it again the next night. You should be able to sleep a little longer with it each night as you get used to the device.

Care and Handling.

- Gently brush your device with a toothbrush and toothpaste after each use. Use Aseptic Guard™ Spray to thoroughly disinfect and freshen your SnoreRx Pro.
- Allow your SnoreRx Pro device to air dry after cleaning. Keep the device in its storage case when not in use. Do not use harsh chemicals or abrasive cleaners such as ammonia, bleach, or alcohol-containing mouthwash to clean your SnoreRx Pro device.

Caution.

- Snoring may be a sign of sleep apnea, a medical condition associated with cardiovascular risk, neurovascular risk, risk of motor vehicle accidents, and mortality. We recommend you speak with your dentist and/or physician about your snoring and discuss the possibility that you have sleep apnea. SnoreRx Pro has been approved for snoring only, and not to treat sleep apnea.
- Improper adjustment of SnoreRx Pro may cause damage to your teeth, gums, or jaw. Tell your dentist at your next dental visit that you are using SnoreRx Pro, and ask him or her to evaluate the fit and to monitor you for changes in your teeth, gums, and jaw.
- Discontinue use of this device and notify your dentist immediately if you notice any signs of tooth movement, notice changes in your bite, experience persistent pain or discomfort, or if you have trouble fitting the device.

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 issues should be considered prior to using SnoreRx.

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