



# Instructions & care for your oral sleep appliance

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## Use & care of your device

- The first few nights that you wear the appliance, don't be frustrated if you find yourself taking it out in the middle of the night. It takes some time to get used to having the device in your mouth; be persistent and patient.
- Always place the appliance on clean teeth to minimize your risk of cavities.
- After each use, rinse with warm water and place in the storage container.
- Use a soft toothbrush and a mild detergent like Dawn to clean your appliance thoroughly weekly.
- Avoid placing the appliance in hot water that could warp the plastic.
- When not in use, store the appliance in the provided container. Animals and hotels are adept at making appliances disappear.
- Slight morning soreness is common especially when first using the device. We provide a morning de-programmer that you can chew on for 5-10 minutes after removing your appliance to help to relax your facial muscles.

## Adjusting your device

Your device is designed to be adjustable, or titratable to you. Over the course of the first several weeks you may need to adjust your appliance. We have included the specific instructions for your device and reviewed and practiced them. We recommend keeping a journal of your sleep (see reverse) which allows you to better grasp your sleep trends when considering adjustment. The code at the right will take you to a YouTube video on how to adjust your appliance.



### *When to adjust your appliance forward:*

- If you find yourself noticing your symptoms of sleep apnea, such as: snoring, waking often in the night, generally sleeping poorly, or morning headaches.

### *When to stop adjusting your appliance forward:*

- If you develop severe muscle or jaw pain.
- If you notice your symptoms of sleep apnea getting worse with adjustment.

## Follow-up with your device

- 3-weeks after delivery we will spend about 30 minutes together seeing how things are going and check your progress. We will revisit as necessary after that until we are both satisfied.
- Once you and I are happy with the device & position, your sleep doctor will likely conduct a sleep study to make sure that the appliance is objectively working.
- We recommend annual follow-ups with our office to make sure that the appliance is still fitting and servicing well.
- If, at any time, you feel that something with your teeth or appliance has changed, please contact our office.

## Common side effects

If you notice any of the following, please contact our office:

- Movement of teeth or changes in your bite.
- Severe muscle or jaw pain.
- A sudden increase in symptoms of sleep apnea.





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Night	Date	Comfort level	Estimated hours worn	Notes	Adjustment made
1		1 2 3 4 5			<input type="checkbox"/>
2		1 2 3 4 5			<input type="checkbox"/>
3		1 2 3 4 5			<input type="checkbox"/>
4		1 2 3 4 5			<input type="checkbox"/>
5		1 2 3 4 5			<input type="checkbox"/>
6		1 2 3 4 5			<input type="checkbox"/>
7		1 2 3 4 5			<input type="checkbox"/>
8		1 2 3 4 5			<input type="checkbox"/>
9		1 2 3 4 5			<input type="checkbox"/>
10		1 2 3 4 5			<input type="checkbox"/>
11		1 2 3 4 5			<input type="checkbox"/>
12		1 2 3 4 5			<input type="checkbox"/>
13		1 2 3 4 5			<input type="checkbox"/>
14		1 2 3 4 5			<input type="checkbox"/>
15		1 2 3 4 5			<input type="checkbox"/>
16		1 2 3 4 5			<input type="checkbox"/>
17		1 2 3 4 5			<input type="checkbox"/>
18		1 2 3 4 5			<input type="checkbox"/>
19		1 2 3 4 5			<input type="checkbox"/>
20		1 2 3 4 5			<input type="checkbox"/>

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