

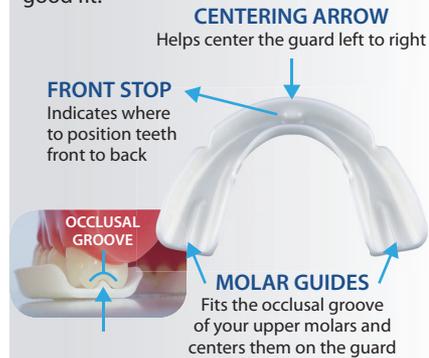
A BEFORE YOU BEGIN

- 1) Read instructions before and during fitting to your **UPPER** teeth for the best fit.
- 2) **VIEW VIDEO** on how to fit your dental guard by scanning code on your smart phone or by visiting sleepright.com/prorx-instructions



B FITTING FEATURES

Look at your dental guard and find the fitting features that will help you get a good fit.



C WHAT YOU WILL NEED

- **Small** microwavable bowl
Tip: Use a non-white, clear glass bowl.
 - 1/2 cup water
 - Mirror
 - Timer
 - Metal fork
 - Microwave
- Tip: If you don't have a microwave, heat water on high on stove top for 1 1/2 min until small bubbles form at bottom of the pot. Use a thermometer to ensure water is 150°F. Pour water into the bowl.

D PRACTICE FITTING

- 1) Practice fitting the dental guard to your **UPPER** teeth before heating and forming.
- 2) While looking in a **mirror**, place the dental guard in your mouth and align the **CENTERING ARROW** with the middle of your two front teeth.
- 3) Once in place, lightly bite down and feel the **MOLAR GUIDES** engage with your upper molars.



E HEATING

Do not microwave or boil the dental guard.

- 1) Fill the small bowl with **1/2 cup** of water.
- 2) Microwave on **HIGH** for **60 seconds** until water is 150°F. Microwaves vary
- 3) **Immediately** remove the bowl from microwave and submerge the dental guard in the hot water for about **40 seconds**.
Tip: If it floats, use a fork to push it under water.
- 4) The guard is ready when the outer edges turn clear and the white internal core is visible.
Tip: If the outer edges do not turn clear after 1 minute, the water is not hot enough.
- 5) **Immediately** remove the dental guard from the bowl using a metal fork by scooping under the front section. Do not let the guard fold onto itself.



F FORMING

- 1) While looking in a **mirror**, use two hands to place the guard under your **UPPER** teeth, while centering your front teeth behind the **FRONT STOP**.
- 2) **Important: Use your index fingers and thumbs to press and pinch the material on the front and back of every tooth.** Use your thumbs to press the material on your molars. Press firm, not too hard.
- 3) Close your lips and create a suction to form the material to your teeth. Hold the guard in your mouth for **4 minutes** before removing.
- 4) Your guard may not cover all your teeth evenly and appear bumpy. This is normal.



SleepRight®

PROXR®

CUSTOM-FIT DENTAL GUARD

INSTRUCTIONS



DID YOU GET A GOOD FIT?

- It is normal for your dental guard to feel slightly loose while removing it after the initial fit. It will tighten up after 24 hours.
- If you find that your dental guard fits too tightly upon reinserting it after 24 hours, rinse it with hot tap water to allow it to relax for a more comfortable fit.
- If you are not satisfied with the initial fit, you can repeat steps **E** and **F**. If you were unable to achieve a good fit the second time, email support@splintek.com or call **1.888.792.0865** for support.
- If your dental guard has an uneven or peeling area that you would like removed, you may trim it using kitchen shears. These materials are FDA approved. The dental guard will wear down instead of your teeth.

CLEANING & STORAGE

- To clean your dental guard, rinse it with cool water or mouthwash (do not soak). **Avoid hot water.**
- For further cleaning, brush it with a toothbrush and toothpaste.
- Dry thoroughly and return to your storage case. Store at room temperature.

2-YEAR LIMITED WARRANTY FOR DURABILITY

Splintek, Inc. warrants the durability of your dental guard. You may request a replacement 2 times if you grind through it within 2 years from the original purchase date. This limited warranty does not cover any defects due to misuse, alteration to the product, or negligence. Allow up to 3 weeks to receive your replacement.

45-DAY MONEY BACK GUARANTEE

If you are not satisfied with your dental guard, you may request a refund (not including shipping and tax) within 45 days from the original purchase date. Allow up to 30 days to receive your refund.

Please do not return your dental guard to the store from which it was purchased.

To submit a claim, email the following information to support@splintek.com.

- **Proof of purchase and original purchase date**
- **LOT# on the bottom of your package**
- **Reason for return or exchange**
- **Name, address, email, phone number**

State if you are submitting a claim for a refund, or exchanging for one of the following.

ProRx®, Dura-Comfort®, Ultra-Comfort® Select-Comfort™, or Secure-Comfort®

Or mail these items to the following address at a mailing cost to you.

**Splintek, Inc. Attn: Exchange Processing
15555 W. 108th St. Lenexa, KS 66219**

The warranty and guarantee are not available for dental guards purchased outside the US and Canada, or from unauthorized sellers, and are limited to the original end-user purchaser. If you have questions regarding whether a seller is authorized, please contact us.

SPECIAL OFFER

If you are satisfied with your dental guard, you can receive a very special offer by leaving a favorable review online.

For details visit sleepright.com/special

INDICATIONS: The SleepRight® ProRx® Custom-Fit Dental Guard is indicated for the protection against bruxism or nighttime teeth grinding. It is intended to reduce damage to the teeth and to prevent the noise associated with bruxing or grinding.

WARNING: Before first use, read the instructions and safety precautions. Failure to follow these instructions and precautions can result in serious injury or breakage. Regularly examine this product before and after each use for any condition that may create a potential health hazard. **Do not use if you are under 18 years of age;** have TMJ; have teeth or jaw pain; or if the product is broken or damaged. **Do not use as an athletic mouth guard.** Do not use for more than 12 hours in a 24-hour period. Not for use with dental implants, dentures, braces, or other dental appliances. **Do not use for more than 3 months from initial use without consulting your dentist.** Ask a dentist before use if you have loose fillings, loose caps, loose teeth, chipped or broken teeth, or unfilled cavities; jaw clicking or pain, teeth pain, face pain; difficulty chewing; mouth sores; gum disease or bleeding gums; or serious respiratory problems. **Stop use and see a dentist if you develop loose teeth or a change in your bite;** experience pain or other irregularity; the product easily falls out of your mouth or causes you to gag or choke; you develop bleeding gums, soreness or other reaction inside your mouth. While using this product, see your dentist at least every 6 months.

Splintek Innovating Health & Comfort

1-888-792-0865 Mon.-Fri. 8AM-4:00PM CST / www.sleepright.com

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MOST DURABLE DENTAL GUARD

The SleepRight® Dental Guard is designed to mold to the upper teeth for a custom, ultra-thin fit to protect against bruxism.

The patented, durable core makes the ProRx® Dental Guard last 10x longer than the leading competitor, based on a lab study.

SleepRight® tests its new and leading innovation in a state-of-the-art research facility so you can have the highest quality and most durable dental guard available.



Not made with natural rubber latex



This product is manufactured in an FDA inspected facility and is GMP certified