

## A BEFORE YOU BEGIN

- **Important:** Read and follow instructions carefully before and during fitting to your **UPPER and LOWER** teeth for best results.
- Brush your teeth to remove food particles.



- **VIEW VIDEO** on how to fit your snore aid by scanning code on your smartphone or by visiting [sleepright.com/snore-aid-fitting](https://sleepright.com/snore-aid-fitting)

## B WHAT YOU WILL NEED

- **Fitting Tray**  
**Located inside your storage case**
- **Small microwavable bowl**  
**Tip:** Use a non-white, clear glass bowl.
- **Mirror** • **1/2 cup water**
- **Timer** • **Metal fork**
- **Microwave**

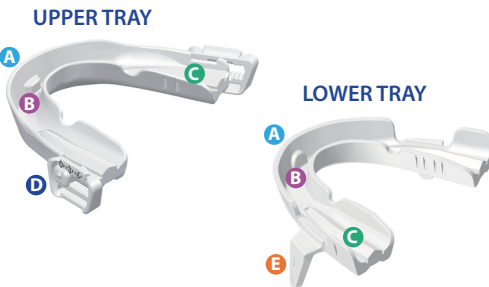


**Tip:** If you don't have a microwave, heat water on high on stove top for 1 ½ min until small bubbles form at the bottom of the pot. Use a thermometer to ensure water is 150°F. Pour water into the bowl.

## C FITTING FEATURES

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

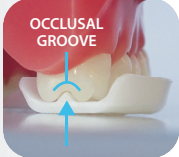
- A CENTERING MARK**  
Helps center the snore aid from left to right
- B FRONT BUMPER**  
Indicates where to position teeth from front to back
- C MOLAR GUIDES**  
Fits the occlusal groove of your molars and centers them on the snore aid
- D ADVANCEMENT STOPS**  
Advances lower jaw up to 7 positions
- E FINS**  
Engages the upper tray with the lower tray to hold the jaw forward



## D PRACTICE FITTING

**Do not adjust the ADVANCEMENT STOPS yet.**  
Practice fitting the **UPPER TRAY** and **LOWER TRAY** to your teeth before heating and fitting.

- 1) While looking in a **mirror**, place the **UPPER TRAY** in your mouth and align the **CENTERING MARK** with the middle of your two front teeth.
- 2) Then place the **FITTING TRAY** over the **UPPER TRAY**.
- 3) Once in place, lightly bite down and feel the **MOLAR GUIDES** engage with your upper molars.
- 4) Repeat steps 1-3 to practice fitting the **LOWER TRAY**.



## E HEATING UPPER TRAY

- Do not microwave or boil the snore aid.**
- 1) Fill the small bowl with **1/2 cup** (4 oz.) of water.
  - 2) Microwave on HIGH for **60 seconds** until water is 150°F. Microwaves vary
  - 3) **Immediately** remove the bowl from the microwave and submerge the **UPPER TRAY** in the hot water for about **40 seconds**.  
**Tip:** If it floats, use a fork to push it underwater.
  - 4) The tray 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 tray from the bowl using the metal fork by scooping under the front section.  
**Tip:** Do not let the tray fold onto itself.



## F FITTING UPPER TRAY

- 1) While looking in a **mirror**, use two hands to place the tray under your **upper** teeth, while centering your front teeth behind the **FRONT BUMPER**.
- 2) Lightly bite down. Use your fingers and tongue to hold the tray in place.
- 3) **Immediately** place the **FITTING TRAY** over the upper tray and bite down. Use your fingers and thumbs to press and pinch the fitting tray on the front and back of every tooth, including your back molars.
- 4) Close your lips and create suction to form the material to your teeth. Hold the trays in your mouth for a full **4 minutes** before removing.



## G REMOVING

- To remove the trays from your teeth, begin by popping it off the front teeth first.
- To remove the upper tray from the fitting tray, start at one end and push your finger between them until they separate.



## H FITTING LOWER TRAY

- Repeat steps E and F to fit the **LOWER TRAY** to your **lower** teeth.
- Do not reuse the old water in the bowl.
- Place the lower tray in the hot water with the **FINS** facing down.
- When pressing material around your lower teeth, be sure to reach below the **FINS** along the back molars.





# SNORE AID

CUSTOM-FIT ANTI-SNORING MOUTH GUARD



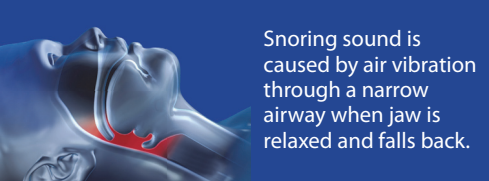
## INSTRUCTIONS

## 3-NIGHT TRIAL PERIODS

- Before adjusting the Advancement Stops forward, wear your snore aid in the preset **Neutral Position 0** for **3 nights**. If snoring reduces, there is no reason to make further adjustments.
- If snoring persists, adjust both Advancement Stops forward to **Position 1** and wear for **another 3 nights**. Continue these trial adjustment periods until snoring reduces or stops.



## HOW IT WORKS



Snoring sound is caused by air vibration through a narrow airway when jaw is relaxed and falls back.



Snore Aid holds jaw in neutral position or advances forward to open airway until snoring is reduced.

## HOW TO ADJUST

- Use thumbs to apply pressure on both sides of the Advancement Stop to limit adjustments to one position at a time. **Do not slide them back and forth excessively.**
- To avoid TMJ problems, do not adjust further forward than necessary.
- Every time you wear your snore aid, check that the Advancement Stops are in the desired positions.
- **Important:** If you clench your teeth forcefully, the Advancement Stops may accidentally adjust back to the Neutral Position 0. If you experience this issue, check your snore aid's settings and readjust to the desired position.



## CLEANING & STORAGE

- To clean your snore aid, rinse it with cool water or mouthwash. Do not soak. **Avoid hot water.**
- For further cleaning, brush it with a soft toothbrush and toothpaste.
- Dry thoroughly and store in your provided case. Store at room temperature.

## DAILY USE

- Always insert the Upper Tray before the Lower Tray.
- Always remove the Lower Tray before the Upper Tray.
- Each time you remove the trays, begin by popping them off the front teeth first.



## DID YOU GET A GOOD FIT?

- It is normal for your snore aid to feel slightly loose while removing it after the initial fit. It will tighten up after 24 hours.
- If you find that your snore aid 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 were unable to achieve a good fit, email [support@splintek.com](mailto:support@splintek.com) or call **1-888-792-0865** for support.
- If your snore aid has an uneven or peeling area you would like removed, you may trim it using kitchen shears.

**6-MONTH LIMITED WARRANTY FOR DURABILITY**  
Splintek, Inc. warrants the durability of your snore aid. You may request a replacement 1 time within 6 months 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 snore aid, 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 snore aid to the store from which it was purchased.**

To submit a claim, email the following information to [support@splintek.com](mailto:support@splintek.com)

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

State if you are submitting a claim for a refund, or an exchange for a replacement.

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 snore aids 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.

**INDICATIONS:** The SleepRight® Snore Aid is intended for use on adults 18 years of age or older as an aid for a reduction of snoring.

**CONTRAINDICATIONS:** SleepRight® Snore Aid should not be used by patients who have central sleep apnea, are under the age of 18, have a history of temporomandibular disorder (TMD), 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 SleepRight® Snore Aid may cause gingival or dental soreness, pain or soreness to the temporomandibular joint, obstruction of oral breathing, excessive salivation, and tooth movement or changes in dental occlusion.

**PRECAUTIONS:** Dentists and users should consider any medical history including a history of asthma, breathing or respiratory disorders, or other relevant health problems and consult with a healthcare professional before using the SleepRight® Snore Aid.

Snoring may be a sign of sleep apnea. It is recommended you speak with a dentist or physician about your snoring to determine if you might have sleep apnea. The SleepRight® Snore Aid is not a treatment for sleep apnea.

Improper fitting and/or adjustment of the SleepRight® Snore Aid may cause damage to your teeth, gums and jaw. Inform your dentist you are using the SleepRight® Snore Aid and ask to have an evaluation of the fit and to monitor changes to your teeth, gums and jaw.

Discontinue use of the SleepRight® Snore Aid and notify your dentist if you have any signs of tooth movement, bite changes, continuous pain or discomfort or if you have trouble fitting and adjusting the SleepRight® Snore Aid.

If you believe you have sleep apnea you should consult with a health care professional for evaluation. The SleepRight® Snore Aid is not cleared by the FDA for the treatment of sleep apnea.