

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://www.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 1/2 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.

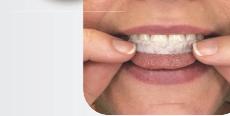


F FITTING UPPER TRAY

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**.



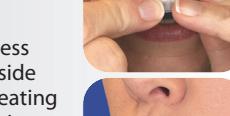
2) Firmly bite down. Use your fingers and tongue to hold the tray in place.



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 press your tongue to the inside of your teeth while creating **max suction** to form the material around your teeth. Hold the trays in your mouth for a full **4 minutes**.



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.



SleepRight®

SNORE AID

CUSTOM-FIT ANTI-SNORING MOUTH GUARD

INSTRUCTIONS



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

Not made with natural rubber latex.



Splintek Innovating Health & Comfort

1-888-792-0865 Mon. - Fri. 8AM - 4PM CST / www.sleepright.com
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U.S. Patents 11,058,571, 11,191,664, 11,229,545, 11,419,750, 11,896,518 and other U.S. and international patents pending.
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3-NIGHT TRIAL PERIODS

• Wear your snore aid in the preset **Neutral Position 0** for **3 nights** before adjusting the Advancement Stops. This position helps keep your jaw from falling back and narrowing your airway. For some, this position is enough to reduce snoring. If the snoring reduction is satisfactory to you, no adjustments are necessary.

• If you desire more snoring reduction, move both Advancement Stops to **Position 1** and wear for **3 nights**. Continue these 3-night trial periods until snoring reduces or stops to your satisfaction.

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

Do not adjust without warm water as a lubricant.

• The Adjustment Stop is intentionally tight and may be hard to move. This ensures it stays secure and keeps your jaw positioned, even when clenching.

• Grip the upper tray while using your thumb on the other hand to push the Adjustment Stop to the next position.



• Limit adjustments to one position at a time. **Do not slide them back and forth excessively.**



• To make adjusting easier, run the Adjustment Stops under **warm water for lubrication**. Grip the upper tray with a paper towel for better control and provide padding for your thumb.

• To avoid TMJ issues, do not adjust further forward than necessary.

• **Important:** In rare cases, forceful clenching may cause the Advancement Stops to adjust back to Neutral Position 0. If this happens, check the settings and readjust to the desired position.

DAILY USE

• Always insert the Upper Tray before the Lower Tray, and remove the Lower Tray before the Upper Tray.

• To remove the trays, pop them off the front teeth first.

• Before each use, check that the Advancement Stops are set to your desired positions.



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.

• Use kitchen shears to trim uneven or peeling areas.

DID YOU GET A GOOD FIT?

• It is normal for your snore aid to feel slightly loose after the initial fit. It will tighten after 24 hours.

• If it feels too tight after 24 hours, rinse with hot tap water to relax it.

• For help with fitting, email support@splintek.com or call **1-888-792-0865**.

3-MONTH LIMITED WARRANTY FOR DURABILITY
Splintek, Inc. warrants the durability of your snore aid. You may request a replacement 1 time within 3 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

• **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.