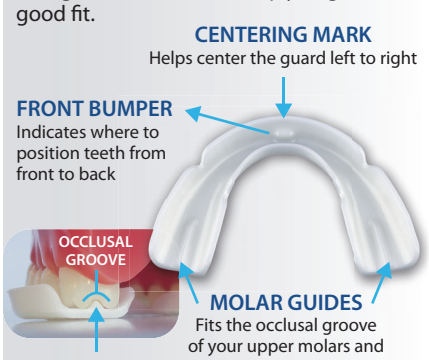
A BEFORE YOU BEGIN

1) **Important:** Read instructions before fitting to your **UPPER** teeth for the best fit.

2) **VIEW VIDEO** on how to fit your dental guard by scanning code on your smartphone 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



- **Fitting Tray**
  Located inside your storage case
- **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 ½ 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

Practice fitting the dental guard to your **UPPER** teeth before heating and fitting.



1) While looking in a **mirror**, place the dental guard in your mouth and align the **CENTERING MARK** with the middle of your two front teeth.
2) Then place the **FITTING TRAY** over the dental guard.
3) Lightly bite down and feel the **MOLAR GUIDES** engage with your upper molars.

E HEATING

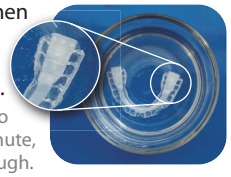
Do not microwave or boil the dental guard.



1) Fill the small bowl with **1/2 cup** (4 oz.) 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.

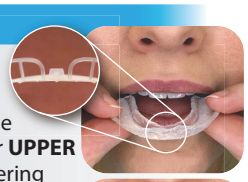


4) The guard is ready when the outer edges turn clear and the white internal core is visible.
   Tip: If the outer edges do not turn clear after 1 minute, the water is not hot enough.



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 FITTING



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 BUMPER** and lightly bite down.



2) **Immediately** place the **FITTING TRAY** over the guard. Use your fingers and thumbs to press and pinch the fitting tray on the front and back of every tooth, including your molars.



3) Close your lips and create a suction to form the guard to your teeth. Hold the guard in your mouth for **4 minutes** before removing.



4) Push your finger between the guard and fitting tray until they separate.



SleepRight®

PRORx®

CUSTOM-FIT DENTAL GUARD

INSTRUCTIONS



FREE GIFT! ★★★★★
Happy with your dental guard?
Claim your free gift at
sleepright.com/special

MOST DURABLE DENTAL GUARD

The SleepRight® Dental Guard molds to your upper teeth for an ultra-thin, custom fit that protects against bruxism. Its patented, durable core is lab-tested to last 10x longer than the leading competitor. Developed in a state-of-the-art research facility, SleepRight® delivers innovative design and the most durable dental guard.

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 your dental guard fits too tightly 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** to fit it a second time. If you are still not satisfied, email **support@splintek.com** or call **1-888-792-0865** for support.
- It is normal if your guard does not cover all your teeth evenly. Peeling areas can be trimmed using kitchen shears. Made from FDA-approved materials, the 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 soft toothbrush and toothpaste.
- Dry thoroughly and store in your provided case. Store at room temperature.

6-MONTH LIMITED WARRANTY FOR DURABILITY
Splintek Inc. warrants the durability of your dental guard. You may request one replacement if you grind through it 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 dental guard, you may request a refund of the actual price paid (excluding 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**
- **Your name, address, email, phone number**

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 apply only to the original purchaser of dental guards bought in the US or Canada from authorized sellers. Contact us to verify a seller's authorization if you are unsure.

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.

BPA FREE

MADE IN U.S.A.

Not made with natural rubber latex
This product is manufactured in an FDA inspected facility and is GMP certified

Splintek Innovating Health & Comfort

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