DO NOT BOIL; ready to use. Eliminates the risk of burns or chemical leaching due to boiling or microwaving. Not made with BPA, latex, or phthalates.

Scan for Fitting Video

1) RINSE

Rinse with cool water for initial cleaning and lubrication before trying to adjust. **Avoid hot water**.

2) CHECK HOW IT FITS

Your dental guard has adjustable bite pads, which have been preadjusted to fit most people. Place it in your mouth and use a mirror to check how the preadjusted position fits before making further adjustments.

The bite pads fit between the upper and lower molars. The front edge of the bite pads should rest between the upper third tooth (cuspid) and fourth tooth (premolar) from the front midline.

The thermal band should rest between your lower lip, cheek and gums. Your body temperature will activate the thermal forming properties of the band for a more comfortable fit. Exclusive feature to SleepRight®.

Rest teeth on bite surface only, as shown. Never bite the thermal band.



3) ADJUST BITE PADS IF NEEDED



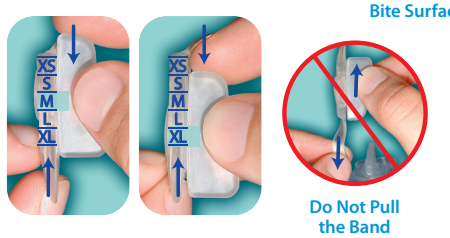
Your dental guard has 5 settings on both sides that allow you to adjust the bite pads forward for a smaller fit and backward for a larger fit, creating sizes XS, S, M, L and XL.

After initial adjustments, you will not need to adjust your dental guard again.



Adjustments can easily be made by holding the bite pad firmly with one hand, while gently pushing the band towards the bite pad with the other.

Bite pads should feel tightly secured to the strap. Use water to make adjusting easier.





As you rest your teeth on the bite pads, they slightly flex to match the angle of your bite.

CLEANING & STORAGE

To clean your dental guard, rinse it with cool water or mouthwash. For further cleaning, brush it with a toothbrush and toothpaste. **Avoid hot water**. Dry thoroughly and store in your case. Replace your dental guard if you notice breakage or excessive yellowing.

HELPFUL TIPS

- For best results, begin wearing 30 minutes before lying down.
- Concentrate on "lips together and teeth apart" to initiate jaw muscle relaxation.
- It is natural to feel jaw muscle fatigue and soreness initially. This is normal due to the natural tendency to clench your teeth. Clenching may even cause minor headaches.

SleepRight®

SELECT-COMFORT™

DENTAL GUARD

FOR TEETH GRINDING PROTECTION

INSTRUCTIONS

FREE GIFT! ★★★★★

Happy with your dental guard?
Claim your free gift at
sleepright.com/special

MOST DURABLE DENTAL GUARD BRAND

SleepRight® bite pads fit comfortably between your teeth and interrupt grinding and clenching to protect your smile. They are made of the most durable materials on the market. 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 brand available.

SELF-HELP PHILOSOPHY

Bruxism is a habit of unconsciously clenching and grinding your teeth. The SleepRight dental guard protects your teeth from clenching and grinding, while the self-help philosophy teaches you to break this neuromuscular habit.

Awareness

The SleepRight dental guard is designed to restore the space that exists naturally between your teeth when you are relaxed. By wearing the SleepRight dental guard 30 minutes before sleep, you will become more aware of the daily clenching and grinding you do during your routines.

Accountability

Take the initiative to break the habit of clenching and grinding by resisting the urge to bite down on the bite pads. Relax your jaw, keep your lips together, and your teeth apart while you are awake. Finding indentations on the bite pads from your teeth means you should make more of an effort to concentrate on "lips together, teeth apart".

Behavior Modification

To transition from clenching your teeth to relaxing your jaw while asleep, you must repeat the mantra "lips together, teeth apart" while awake until it is a healthy habit that no longer needs your conscious attention. Everyone's learning curve is different, so please be patient.

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® 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 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 / **www.sleepright.com**

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