

Cleaning and Storage:

- Keep the spatula, this will aid in future moulding and cleaning of the mouthpiece.
- Clean the mouthpiece by holding the mouthpiece with spatula, use toothpaste, mouthwash or Polident® 3-Minute Anti-Bacterial Denture Cleanser.
- SnoreMeds mouthpiece will need to be replaced every 3-4 months.
- Rinse mouthpiece, shake off excess water, and store in the clean dry anti-bacterial container supplied.



anti-bacterial container

Precautions:

- Suitable for adults only.
- Not recommended to those who wear braces or dentures.
- Suitable for those who have healthy gums and teeth.



Recommended by Dentists & Doctors


SnoreMeds™
snoring mouthpiece solution

www.snoremeds.com

Instructions

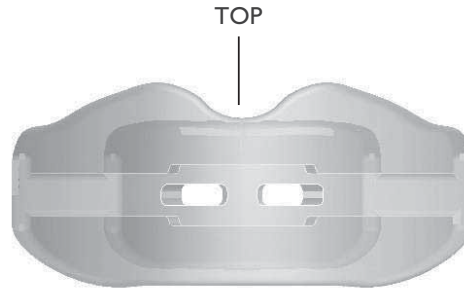


The SnoreMeds mouthpiece is an oral appliance generally worn at night. The mouthpiece works as a splint by positioning and holding the lower jaw slightly forward during sleep. By doing this, the respiratory tract is widened, which enables air to flow unobstructed through the breathing passage enabling the patient to breathe more freely.

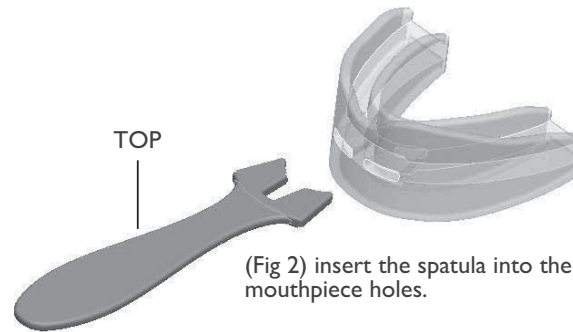
Helps 85% of Snoring Sufferers

Preparation:

- Clear a surface near to where the water will be boiled.
- Choose a kettle or a pot to boil water.
- If you have chosen a kettle then you will need a container or mug deep enough to submerge the mouthpiece.
- You will need a watch, clock or timing device which can measure in seconds.
- Take the contents out of the box.
- Place the mouthpiece in the upright position as in diagram (Fig 1)
- Insert the spatula into the holes in the front of the mouthpiece (Fig 2)
- Practice moving your bottom jaw forward and find a comfortable forward position.



(Fig 1) make sure the mouthpiece is in the upright position.



(Fig 2) insert the spatula into the mouthpiece holes.



(Fig 3) Custom moulded mouthpiece

Moulding Instructions:

- Boil the water.
- Pour the water from the kettle into the container or remove the pot from the heat source.
- Hold the mouthpiece using the spatula (be aware of the mouthpiece upright position)
- Place the mouthpiece in the boiled water for 18 seconds. The mouthpiece will appear clear and the plastic will be soft.
- Place the mouthpiece into your mouth (the right way up) still holding the mouthpiece by the spatula.
- Push your lower jaw forward and bite down hard. Suck the air out and use your fingers to push the plastic against your teeth to produce a firm custom fit. Use your tongue to push from the other side.
- Remove the mouthpiece and hold it in cold water to set the shape.
- Remove the spatula from the mouthpiece.
- If you do not stop snoring completely, remould with your jaw extended slightly further forward.

It may take a few nights to get accustomed to sleeping with the mouthpiece.