

FITTING INSTRUCTIONS FOR THE SNORBAN® BRAND SPORT MOUTHPIECE

Your SnorBan® mouthpiece has been carefully designed to hold your lower jaw in a slightly forward position. When you have your jaw in this forward position, your airway will open wider, thus allowing you to breathe without snoring.

For more information including a fitting instructions video and Frequently Asked Questions, please visit our website at www.snorban.com.

IMPORTANT CONSIDERATION

For a very few people, a condition called Temporo-Mandibular Joint (TMJ) could result from using this device. If severe pain in your jaw results from using this device or other discomfort persist, discontinue use and consult your dentist or doctor to determine if you might be subject to this condition by using this mouthpiece.

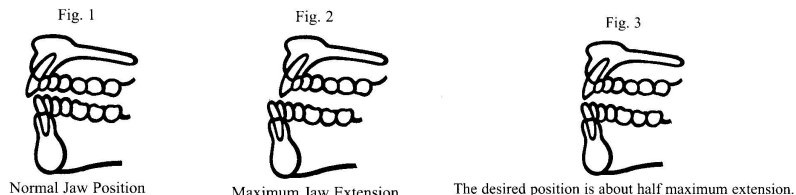
If you have trouble breathing through your nose at any time, you may not be able to use the SnorBan® as there is no hole to breath air through your mouth. Consult your doctor or dentist for advice on relieving nasal congestion and using mouthpieces. If your nose plugs up while using the SnorBan® mouthpiece, just open your mouth wide and you can breath until you take out the mouthpiece.

Preliminary Fitting Instructions:

1. Place the unfitted SnorBan mouthpiece into your mouth with the holding tab pointing away from your face. The top is marked on the tab "TOP". This indicates the upper half of the mouthpiece. The lower half has a longer inner surface.
2. You will notice that with your SnorBan® mouthpiece in place, your lower jaw will be held slightly forward. **This is the most important part of the fitting process. Your lower jaw must be in a forward position to allow your airway to open and draw in the amount of air you need.**
3. Practice the molding procedure with cold water using an accurate timer for 12 seconds, just as you would if the water was hot.

Custom Fitting Your SnorBan® Mouthpiece:

1. Boil at least two cups of water in a container deep enough to completely submerge the mouthpiece except for the holding tab.
2. Heat the water on a stove until water boils vigorously. DO NOT put the SnorBan® in the water while the water is boiling. Remove boiling water from heat source.
3. Gripping the holding tab with a pair of tongs, dip the mouthpiece in hot water for EXACTLY 12 SECONDS to soften the mouthpiece.
4. Remove mouthpiece from hot water, gently shake off excess water. Carefully place the SnorBan® mouthpiece into your mouth top side up, over the bottom teeth first, then lower your upper teeth into the top channel feeling with your tongue to make sure your teeth slip into the channels of the mouthpiece. The mouthpiece will feel warm, but it will not burn you.
5. As you position your lower jaw about halfway back from the most forward position, (fig. 3) bite down firmly and suck out all the air in your mouth while pushing alternately with your tongue against the lower and upper inside front surface as you did in the practice run. While doing the above, press on the outside of your lips and cheeks with your fingers to get a tight fit against your teeth. This process should take approximately 30 seconds.
6. When your mouthpiece has cooled, take the mouthpiece out and dip it into a glass of cold water for 10 seconds to set the custom shape.
7. Then place the mouthpiece back in your mouth to evaluate the fit. You want to feel your lower jaw being held in a comfortable forward position. If you are not happy, repeat steps 1-6. Most people get a more comfortable fit by molding a second time. You may remold the mouthpiece no more than 3 times. If you determine a remold is necessary, only re-heat for 10 seconds in hot water instead of 12 like the first attempt.
8. Once satisfied with the mold of your mouthpiece, remove holding tab by cutting it off with scissors as close to the mouthpiece as you can. If a sharp edge remains, slightly heat a metal spoon over a flame and ROLL the sharp surface with the spoon (do not drag).
9. If you are not satisfied with the performance of the SnorBan® mouthpiece, remold with your jaw extended forward a little further, but not at a maximum extension.



General Notes

The SnorBan® mouthpiece will take up to a few weeks to get completely used to as it is a foreign object in your mouth. The first couple of nights you may only use it for part of the night before removing it. Each night you will get more used to using it. For some people it may be a little trying, but stick with it and you will get used to it and then enjoy night after night of peaceful and snore-free sleep!

Care & Maintenance:

A daily and/or weekly Biological Denture Care (BDC) like Polident® or Efferdent® will keep your SnorBan® mouthpiece perfectly clean without affecting the material. A BDC daily & weekly effectively removes plaque from the surface of the mouthpiece. A build up of plaque is a common cause of bacterial contamination. Brushing with toothpaste and/or rinsing with mouthwash each morning and air-drying will help keep the mouthpiece clean as well.

Having an extra SnorBan® makes sense. Now that you and your partner are enjoying getting a good nights sleep, it might be a good time to buy a second SnorBan® in case you misplace the original one. It also makes sense to keep an extra SnorBan® in your travel kit. Also, consider giving a SnorBan® to a friend or family member as "the gift of sleep". You might even save a marriage!