

# Instructions for wearing your Sleepwell anti-snoring appliance

- Place the Sleepwell with the screw/hook component over the top teeth and press into place
- Place the Sleepwell with the shelf over the bottom teeth and press into place
- To engage the hook into the shelf, move lower jaw forward and close mouth

It is important that you get used to wearing Sleepwell, so for the first two weeks just wear Sleepwell and do not adjust the screw to advance your jaw. After getting used to wearing Sleepwell you should gradually adjust Sleepwell over a few weeks to advance your lower jaw and find the optimum setting to reduce your snoring.

Use the key to adjust the Sleepwell component – clockwise rotation for forward movement and anti-clockwise rotation for backward movement. Forward movement will enable your lower jaw to be held in a forward position increasing the opening of your airway. We recommend that you advance the component one full turn every week until snoring stops and that this adjustment is done whilst not wearing your Sleepwell.

**LOOKING AFTER SLEEPWELL** – It should be cleaned daily using a soft toothbrush and ordinary soap then thoroughly rinsed. Always inspect Sleepwell each night prior to wearing. Do not use if you observe any cracks or material separation. Store the adjuster key in a dry place.

**GUARANTEE** - Your Sleepwell is guaranteed for a period of 12 months from the date of manufacture against mechanical/materials failure. This is a manufacturing guarantee and not a guarantee of the success of the treatment. This guarantee does not cover your Sleepwell against accidental damage or misuse.

**SIDE EFFECTS** - During the first few weeks you may experience some of the following discomforts but they are normal and should disappear as you become accustomed to wearing Sleepwell

Slight tooth discomfort

Slight jaw muscle discomfort after each advancement

Temporary alteration in bite for the first hour in the morning.

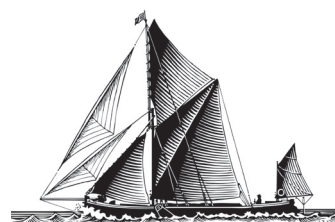
**WARNING** – Do not use Sleepwell if you experience nausea or vomiting from another medical condition. Sleepwell should not be used by patients diagnosed with:

Central Sleep Apnoea

Severe respiratory disorders

Loose teeth or advanced periodontal disease

The use of Sleepwell device may cause tooth movement or changes in dental occlusion, gingival or dental soreness, pain or soreness to the temporomandibular joint, obstruction of oral breathing, excessive salivation. In this event stop wearing your Sleepwell and visit your dentist.



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**PRODUCT INFORMATION** - Sleepwell is used for the treatment of snoring and mild to moderate sleep apnoea and worn during sleep in accordance with instructions given above.

Sleepwell is manufactured using a bi-laminate material customised to the patient's teeth with a special soft inner lining for maximum comfort and retention. It also incorporates a specially designed component made from medical grade 316 Stainless Steel, which ensures that the lower jaw is held in a forward position whilst permitting the patient side to side movement during sleep.