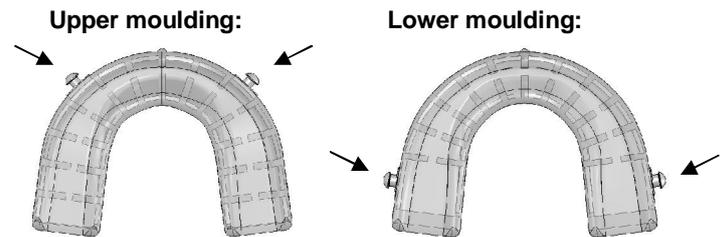


How to use instructions

What's in the box

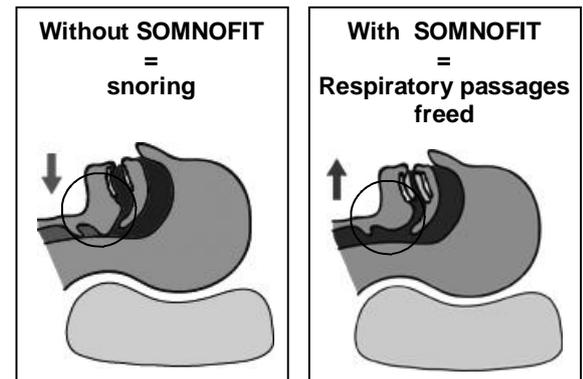
The Somnofit (ref. S-02) is made up of:

- An upper moulding with 2 front hooks
- A lower moulding with 2 back hooks
- A floating thermometer
- A ventilated storage box
- A set of 6 supple straps
- Full instructions



How does it work ?

Somnofit is based on a proven anti-snoring medical solution called mandibular advancement. Put simply, that means drawing the lower jaw forward just a few millimetres while you're asleep to move your tongue forward and open your airway, allowing you to breathe more easily. You see that's what causes the problem. Your tongue relaxes and falls back towards your windpipe causing an obstruction and air is forced around it creating the breathing vibration noises you know as snoring.



Who is it for ?

Somnofit is recommended for:

- Snoring
- Mild to moderate obstructive sleep apnoea (medical supervision required)
- Sleep apnoea patients on the move, travelling, camping, boating, holidaying etc who prefer an alternative to their usual CPAP therapy (medical supervision is required)
- Bruxism (grinding teeth), migraines due to jaw tensions

Somnofit **is not suitable** for people who:

- Wear full or partial dentures
- Have mandibular joint pain
- Have loose teeth or advanced periodontal disease
- Upper or lower jaws with less than 10 teeth
- Suffer from severe or central sleep apnoea
- Are under 18 years old

Wise precautions

If you have any doubts regarding the safe and effective use of Somnofit consult your Dentist or Doctor.

As soon as the pliable mouldings have been fitted to suit your teeth they must not be used by, or made to fit any other person.

Warning, in some cases Somnofit may cause:

- Dental sensitiveness after removing the device on waking. (This will quickly disappear after clenching your teeth 3 or 4 times.)
- Pain in the ear. This should stop after a few days of regular use. If it worsens use a weaker jaw advancement strap, say 4.5 instead of 6, or consult your Doctor.
- Excessive salivation at first but this will stop as you get used to the device.
- Tooth movement or a slight change in your bite (position of jaws with mouth closed). Your jaws should quickly return to their normal position after removing the Somnofit device. If they don't, stop using it and consult your Dentist or Doctor.

If you experience any persistent problems, stop using the device and consult your Dentist or Doctor.

Maintenance

Every morning, brush the device (no toothpaste required) and rinse it thoroughly. Place it in a container filled with lukewarm water and add a denture care or anti-bacterial scale remover tablet. Before fitting it, rinse it well with clean water. Check the condition of the appliance regularly.

Warranty

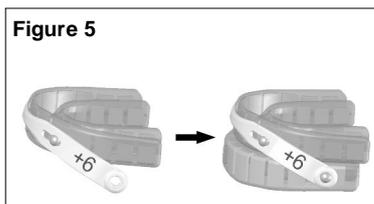
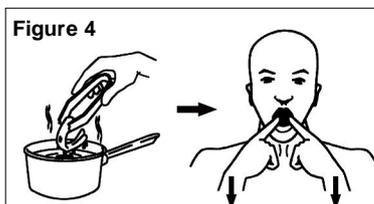
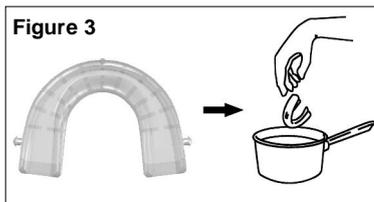
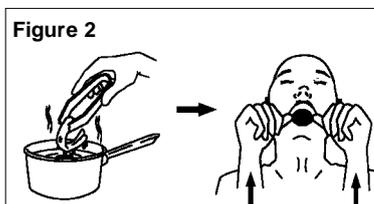
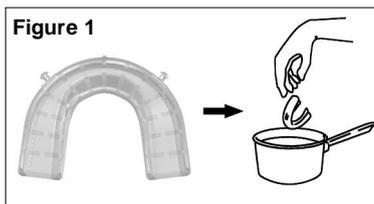
A Somnofit device is expected to last 8 to 15 months, but this will depend on maintenance, nocturnal clenching of the teeth (bruxism) and acidity in the mouth. It cannot be guaranteed for a fixed period of time and is only covered by warranty in the event of manufacturing faults. The device must be changed if cracks appear or if the material breaks or deteriorates. Please note that reduced snoring/apnoea cannot be guaranteed. Everyone is unique and each individual will obtain different results.

Thermofforming Somnofit to fit your teeth

Preparation items you'll need: saucepan, mirror, spoon/tweezers, water, hob, and timer.

Please note the **black vertical projecting lines** at the centre of both upper and lower jaw mouldings. These are important to help you align the device when moulding it to fit your mouth.

- 1● Place the upper jaw moulding and floating thermometer into a saucepan filled with 7 to 8 centimetres of cold water and heat the water. (Figure 1) Turn off the heat when the red thermometer fluid reaches the blue mark. **Do not allow the water to boil.** Leave the moulding immersed for 2 minutes.
- 2● Using a spoon or tweezers, carefully remove the upper moulding from the hot water and shake it to clear any excess water. Within 15 seconds, stand in front of a mirror and place the moulding over your upper teeth, centring the moulding's vertical black line between your two front teeth. (The central incisors.)
- 3● Working inside your mouth, place your thumbs on either side of the moulding and press it firmly upward onto your upper jaw. Next, press the moulding firmly against the side of your teeth with your fingers. Now clench your teeth for at least 60 seconds. Keep the device in your mouth and rinse thoroughly with cold water to fix the impression in place. (Figure 2)
- 4● Repeat the procedure to fix the lower moulding in place. (Figure 3) Work quickly and fit the moulding to your jaw within 15 seconds. Centre the lower moulding to the upper moulding by aligning the two black vertical lines.
- 5● Press firmly downward with your index fingers and press the moulding firmly against the side of your teeth with your fingers. Then gradually clench the two parts firmly together (Figure 4) with a firm bite.
- 6● Keep your jaw clenched for at least 60 seconds. This is the really important part and a little effort here will ensure a really great fit.
- 7● Remove both mouldings and place the lower part in cold water for 2 to 3 minutes to fix the impression in place.
- 8● Detach the strap marked +6 using a pair of scissors. Keep the other straps somewhere safe.
- 9● Fit the flexible strap onto the hooks of the upper moulding, with the flat side to the back. Then fit the strap onto the hooks of the lower moulding. (Figure 5)



Adjusting Somnofit to your teeth

How well the device fits depends on the shape of your teeth, the number of teeth and the quality of the impression taken.

If it doesn't fit properly, check the impression again and, if necessary, repeat the moulding procedure above using sufficient force to reshape and refit the device. Trim off any uncomfortable parts with a pair of scissors.

Lower jaw advancement adjustment

It will take a couple of nights to get used to the device and we advise every user to start with the flexible strap marked +6. That is a 6-millimetre advancement of the lower jaw. But everyone's jaws are different and the advancement necessary to eliminate snoring and apnoea can vary.

Try +6 and see, but if an adjustment is necessary follow these simple steps:

- If the traction is uncomfortable, try strap +4.5 instead of +6.
- If snoring doesn't diminish sufficiently, use strap +7.5 instead of +6.

Straps +4.5 to + 7.5 are usually enough, but in cases of sleep apnoea, you will need to consult your Doctor for specialist advice.

Essential information

Should you require any further information, please contact:

