

- Remove the upper part of the appliance by carefully pulling down on the sides of the appliance with your fingers.

#### CARE AND CLEANING:

- Each morning after use, rinse your appliance in cold water and gently brush all surfaces clean.
- DO NOT USE TOOTHPASTE. Doing so may abrade your appliance.
- Only use a soft bristled brush to clean your appliance.
- DO NOT bleach the appliance or soak in mouthwash or alcohol. Doing so may weaken your appliance.
- We recommend that you clean your appliance every morning with an appropriate appliance cleaner. Approved appliance cleaners can be purchased by calling 800-423-3270 or by ordering online through [www.certifiedsmile.com](http://www.certifiedsmile.com)
- Follow manufacturer's instructions for use for your appliance cleaner.
- After cleaning, rinse appliance under cool water.
- Air dry before storing.
- NOTE: Be sure to keep the connectors clean. Examine them often for signs of wear and tear. If you suspect that damage has occurred, do not wear your appliance until you contact your dentist and have your appliance properly inspected.

#### STORING:

- Air dry the appliance before storing.
- Place it in a dry plastic case whenever it is not in your mouth.
- Keep your appliance out of reach of children and pets.

#### FOLLOW-UP/MAINTENANCE VISITS:

- See your dentist at the scheduled intervals after receiving your appliance
- Visit 1: Comfort Check
  - o Your dentist will make any necessary adjustments for the fit and positioning.
- Follow-Up Visits
  - o Your dentist will evaluate your teeth and appliance, making any necessary adjustments.

- 6 Month & Yearly Progress Checks
  - o Your dentist will assess progress with the appliance and address any of your concerns.
  - o This helps minimize any side effects and allows the dentist to make any necessary appliance repairs.
- IMPORTANT: The follow-up visits listed above are the minimum number of visits necessary to assure the best possible treatment course. You should call your dentist for additional visits whenever you feel they may be necessary. To ensure the best possible outcome with the appliance, it is essential to have a proper fit and to have your mouth evaluated with follow-up visits on a regular basis.

#### WARRANTY:

Your customized appliance was made to ensure comfort and durability by the certified laboratory employed by your dentist. This is a manufacturer's warranty. This is NOT a guarantee that the condition for which you are being treated will be eliminated or improved. If your appliance becomes broken or damaged in any way, it is very important that you stop using the device and contact your dentist to have it repaired immediately.

#### FABRICATED BY:



SML® - Space Maintainers Laboratories  
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CAUTION: Federal law requires a written prescription, signed by a licensed medical professional.

#### PATIENT DIRECTIONS FOR USE: CLEAR SLEEP™

The appliance you were prescribed by your dentist is used for reducing snoring and mild-to-moderate Obstructive Sleep Apnea in adults. The appliance you are receiving was customized for you and is fully adjustable. There is a top piece and a bottom piece that are linked together with connectors. This appliance is adjustable by your dentist to reposition your jaw to help reduce snoring and/or obstructive sleep apnea.



### INDICATIONS:

Your appliance is intended to reduce nighttime snoring and mild to moderate obstructive sleep apnea in adults. The appliance is worn while sleeping to support the lower jaw in a forward position prescribed by your dentist. The customized appliance is inserted and removed by the patient and adjusted by the prescribing dentist.

### CONTRAINDICATIONS:

You should not use this appliance if you:

- Have Central Sleep Apnea
- Have severe respiratory disorder(s)
- Have loose teeth or advanced periodontal disease
- Are under 18 years of age
- Have few or no teeth to retain the device
- Have difficulty moving your lower jaw
- Have facial pain
- Have arthritis of the main jaw joint
- Are undergoing dental work that requires temporary crowns

Talk to your dentist if you have any of the above issues before using this appliance.

### RISKS:

Your dentist prescribed this appliance to help treat your snoring and/or sleep apnea. However, you may experience one or more of the following.

- Gingival (gum) irritation or dental soreness
- Pain or soreness of the TMJ (jaw joint) or facial muscles
- Obstruction or difficulty in breathing through your mouth
- Increased saliva

If you experience irritation, soreness, pain, difficulty in breathing or blocked breathing, or a noticeable increase in saliva, stop using the appliance and contact your dentist for further instructions.

Some appliances have connectors made of latex or rubber. If you have an allergy to latex or rubber, let your dentist know. He/she will be able to prescribe an appliance that does not contain latex/rubber.

### WARNINGS

Certain factors can prevent your appliance from working as intended. The following factors may interfere with proper treatment.

- weight gain
- obesity
- alcohol consumption
- sedative or other drug use
- allergies
- smoking
- any cold or sickness that makes nasal breathing difficult
- very high altitudes
- increased age
- hormonal changes in women such as menopause

Talk to your dentist if you have concerns about any of these factors or if you know one or more of these pertain to you.

### PRECAUTIONS:

- When you remove the appliance after sleeping, you may feel that your teeth do not bite together as before. If this feeling persists, your dentist may prescribe a device to restore your bite (for example, the SML® Good Morning Positioner) for restoring your bite. Your dentist will guide you in its proper use.
- DO NOT wear the appliance if broken.
- DO NOT use toothpaste to clean the appliance.
- Use a soft brush to clean the appliance. DO NOT use a stiff bristled brush. It may scratch or damage the appliance.
- DO NOT run or exercise with the appliance in your mouth.
- DO NOT attempt to modify the appliance.
- DO NOT share the appliance.
- DO NOT expose appliance to extreme heat or leave in car for long periods of time.
- DO NOT attempt to pop the appliance in and out of your mouth with your tongue. This may damage or alter the adjustment.
- DO NOT place appliance in hot or boiling water or expose to excessive heat. This may distort the appliance and make it unusable.

- IT IS ESSENTIAL THAT YOU UNDERGO SOME TYPE OF OBJECTIVE SLEEP TESTING WITH A HOME SLEEP TESTING DEVICE OR OVERNIGHT-ATTENDED PSG (POLYSOMNOGRAM-DIAGNOSTIC SLEEP TEST) TO EVALUATE HOW WELL YOUR APPLIANCE IS WORKING FOR YOU. Follow your dentist's instructions for follow-up care and testing.

### INSTRUCTIONS:

- When you first receive your appliance and place it in your mouth, you may find it cumbersome. This is perfectly normal and will ease with use.
- You may notice an increase in saliva for the first few weeks of use. This also will gradually ease with use.
- You may experience gum irritation, dental soreness, pain in the jaw joint (TMJ) or facial muscles.
- You may experience minor gagging or awkwardness in swallowing. These sensations are not permanent.
- For the first few nights, we recommend that you insert the appliance in your mouth 1 hour prior to bedtime.
- After nighttime use (and removal of the appliance) your bite may feel different for a short period in the morning.
- If this feeling persists, use the SML™ Good Morning Positioner (provided by your dentist) as directed.
- SHOULD YOU EXPERIENCE CONTINUED DISCOMFORT, DISCONTINUE USE OF YOUR APPLIANCE AND CONSULT YOUR DENTIST.

### EVERYDAY WEAR GUIDELINES:

- This appliance is to be used nightly.
- Prior to inserting the appliance, brush and floss your teeth.
- To insert the appliance, place the upper part in your mouth. Using your thumbs, gently press it upward.
- Gently guide lower jaw into the lower tray and push it down with your index fingers. Complete placement by pressing down with your forefingers to firmly seat the lower tray over your lower teeth.
- When removing the appliance, remove the lower part first, using thumbs on both sides to carefully lift it off your teeth.