

SnoreFree™

ANTI-SNORING APPLIANCE

- NO MODEL
- NO LAB FEE
- NO IMPRESSION
- 510(K) CLEARED
- 15 MIN PROCEDURE

SnoreFree™ Kit Includes:

- Appliance
- Special fitting handle
- Storage container
- Simple instructions

\$29.95
each



Excellent As:

- Diagnostic Tool During a Sleep Study
- An Interim TMD Appliance
- Interim Appliance (When a Lab Fabricated Appliance is Out for Repair)

Custom fit to the maxillary arch, the appliance gently holds the mandible in an advanced position –opening the airway and permitting free airflow.

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Firmly insert the stabilizer handle into the rectangular hole of the SnoreFree™ appliance until the tip of stabilizer handle projects from the tongue side of the appliance. Failure to seat the handle may cause the breathing hole to collapse during fitting.	After heating, immediately seat the SnoreFree™ appliance against the patient's upper arch. Guide the mandible forward over the lower flange so that the patient's lower anterior teeth are between the lower lingual flange of the SnoreFree™ appliance and the lower seating guide of the stabilizer handle.	Have the patient firmly bite into the SnoreFree™ appliance and suck in around the handle like you would suck a malt through a straw. Have the patient bring their tongue forward to the roof of their mouth and against the lower lingual flange for 30 to 40 seconds. As the patient continues to hold this position, use finger pressure against the lips and cheeks to further mold and shape the buccal walls of the SnoreFree™ appliance.

Heating appliance:

Bring water to a boil. Reduce the heat to just below the boiling point. Fully immerse the SnoreFree™ into the hot water for 35 - 40 seconds. Dip SnoreFree in the bowl of cool water (approx. 2 -3 seconds).

Cooling appliance:

Once fitted, take appliance out of the mouth – place appliance back into cool bowl of water for 3-5 min.



***SAVE \$50.00**

***5 Complete SnoreFree™ Kits - \$99.95**

Snore-Free | Fitting Instructions

- 1) Before fitting the SnoreFree™ appliance, have your patient open and close to an anterior edge-to-edge position. Practice this a few times until the patient is comfortable with this procedure.
- 2) Firmly insert the stabilizer handle into the rectangular hole of the SnoreFree™ appliance until the tip of stabilizer handle projects from the tongue side of the appliance. Failure to seat the handle may cause the breathing hole to collapse during fitting.
- 3) Now have the patient open wide. Place the SnoreFree™ appliance, with the handle in place, in the patient's mouth. Have the patient close to the same position as practiced in Step 1. The patient's lower anterior teeth should be between the lower lingual flange of the SnoreFree™ appliance and the lower seating guide of stabilizer handle.
NOTE: Make sure that the facial mid-line is lined up, using the stabilizing handle as a guide. Practice this at least 4 to 5 times, allowing the patient to become comfortable with this procedure.
- 4) Now you are ready to heat and fit the SnoreFree™ appliance.
- 5) Prepare a bowl of cold water deep enough to cover the SnoreFree™ appliance with the handle in place.
- 6) Bring the water in the heating unit to a boil. Then reduce the heat to just below the boiling point. With the SnoreFree™ appliance attached to the handle, fully immerse the SnoreFree™ into the hot water for 35 - 40 seconds.
- 7) Place the SnoreFree™ appliance in the bowl of cold water for a "quick-dip" (approx. 2 -3 seconds).
- 8) Immediately seat the SnoreFree™ appliance against the patient's upper teeth, keeping them between the upper buccal and lingual walls of the SnoreFree™ appliance, while maintaining the facial mid-line using the handle as a guide. With your fingers, evenly adapt the buccal and lingual walls of the SnoreFree™ appliance against the maxillary arch. Finger pressure should also be used on the labial surface of the maxillary anteriors to increase retention.
- 9) Guide the mandible forward over the lower flange so that the patient's lower anterior teeth are between the lower lingual flange of the SnoreFree™ appliance and the lower seating guide of the stabilizer handle.
- 10) Have the patient bite into the SnoreFree™ appliance firmly and suck in around the handle for 30 to 40 seconds, like you would suck a malt through a straw.
- 11) While the patient is sucking in around the handle, have the patient bring their tongue up to the roof of their mouth for 3 - 5 seconds. This adapts the lingual flanges. Then have the patient push their tongue against the lower lingual flange of appliance for 3 - 5 seconds.
- 12) As the patient continues to hold this position, use finger pressure against the lips and cheeks to further mold and shape the buccal walls of the SnoreFree™ appliance.
- 13) Have the patient stay in the closed position for 30 to 40 seconds while continuing to suck on the handle. This will allow the SnoreFree™ appliance to cool and shrink into the interproximal embrasures creating excellent retention. Next, have the patient open. If proper retention has been created, the appliance should stay retentive even with the handle in place.
- 14) Remove the SnoreFree™ from the patient's mouth and place it in the cold water for 1 minute.
- 15) Remove the handle and try-in the custom-fitted SnoreFree™ appliance to check for a proper fit.