

SNORERX[®] PLUS[™]

Instruction Booklet

Read Fully Before Proceeding

SnoreRx Plus is intended for use on adult patients 18 years of age or older as an aid for the reduction of snoring.



⚠ DO NOT CHANGE THE FACTORY SETTING UNTIL YOU BOIL AND BITE

CONTENTS:

(1) MOUTHGUARD, (1) STORAGE CASE, (1) FITTING HANDLE, (1) INSTRUCTION BOOKLET

Warnings & Information

⚠ Contraindications

SnoreRx Plus should **NOT** be used by patients who:

- Have central sleep apnea
- Are under the age of 18
- Have a history of TMD, temporomandibular disorder
- Have a respiratory disorder
- Have loose teeth, abscesses, severe gum disease or advanced periodontal disease
- Wear dentures, braces or other dental appliances
- Have implants, crowns, or caps unless approved by their dentist

⚠ Warnings

Use of SnoreRx Plus may cause:

- Gingival or dental soreness
- Pain or soreness to the temporomandibular joint
- Obstruction of oral breathing
- Excessive salivation
- Tooth movement or changes in dental occlusion

⚠ Precaution

Any medical history including asthma, breathing, respiratory disorder or other relevant health issues should be considered prior to using SnoreRx Plus.

Custom Fitting Instructions

Contents



SnoreRx Plus



Storage Case



Fitting Handle

Custom Fitting Materials



Timer



Mug



Bowl of cool water



Microwave

NOTE: Avoid using a stove top to heat the water. The hot metal surface of a pan may destroy the material of the device.

Custom Fitting Steps

Review video instructions first at: snorerx.com/support

STEP 1: Ensure the device is secured to the fitting handle.

STEP 2: Bring a mug of water to a full boil using a microwave.

STEP 3: Hold the end of the handle and submerge the device into the mug of boiled water for **PRECISELY 1 MINUTE**.

STEP 4: Use the fitting handle to remove SnoreRx Plus from the mug of boiled water. Dip the device into the bowl of tap water for 1-2 seconds to remove any hot water.

STEP 5: The top tray of SnoreRx Plus is indicated by the word 'UPPER'. Center your teeth into both the top and bottom of SnoreRx Plus groove and bite down firmly for 30 SECONDS to create your custom impression.

STEP 6: Remove SnoreRx Plus from your mouth and place it in the bowl of cool water for 5 minutes to set the impression.

⚠ Evaluate your Impression

Do you see well-defined tooth marks?

If yes, proceed to step 7. If not, repeat steps 1-6. The fitting process can be done up to a maximum of two times.

STEP 7: Remove SnoreRx Plus from the bowl of cool water. Separate the device from the fitting handle by pushing the end of the handle off the device.

Adjustment Instructions

Steps for Adjustments

1: Remove the upper tray by lifting it up and unhooking it from the back. Set this tray aside. You will be left with the lower and middle tray.



2: With the arch of the teeth facing away from your hand, place your thumb and index finger over the word 'SQUEEZE' on both sides of the middle tray. Use your other hand to hold on to the lower tray. Make sure your thumb and index finger are not touching the lower tray.



3: Squeeze both sides of the middle tray with your thumb and index finger, and use your other hand to gently push or pull the lower tray to the desired setting. Release your thumb and finger from the word 'SQUEEZE' to lock in the new setting. Once you're done adjusting your device, hook the upper tray back onto the middle tray.

User Information

Proper Usage Information

Before using SnoreRx Plus please read through the information below,

- Brush your teeth prior to using SnoreRx Plus.
- Begin wearing SnoreRx Plus at the factory setting of 1 mm.
- Your SnoreRx Plus is custom-fitted to your mouth and should not be used by anyone else.
- If snoring still persists, advance SnoreRx Plus to a higher adjustment setting. Each advancement setting should be worn at least three to five nights prior to further increases. Most can be treated with a setting between 3-5 mm.
- SnoreRx Plus works best if you sleep on your side or stomach. Specially designed pillows and "leg pillows" are available to help you stay on your side during sleep.
- Some people may experience excessive salivation, dry mouth and tenderness of the jaw, teeth and gums during initial use. To minimize this effect, SnoreRx Plus should be worn for 1-3 hours for the first 2-3 days while awake. This will help acclimate your mouth to wearing SnoreRx Plus.
- If you are bothered by the device and it causes you to wake up, remove it from your mouth and go back to sleep. Each night, you should be able to sleep longer with the device.

Care & Handling

How to Clean SnoreRx Plus

- Gently brush your SnoreRx Plus with a toothbrush and toothpaste after each use. To best clean, disinfect, and freshen your SnoreRx Plus, use Aseptic Guard™ Spray.
- Allow SnoreRx Plus to dry after cleaning. Keep SnoreRx Plus in its storage case when not in use.
- Do not use harsh chemicals or abrasive cleaners such as ammonia, bleach, or mouthwash that contains alcohol.

⚠ Caution

- Snoring may be a sign of sleep apnea, a medical condition associated with cardiovascular risk, neurovascular risk, risk of motor vehicle accidents, and mortality. We recommend that you speak with your dentist and/or physician about your snoring and whether you might have sleep apnea. SnoreRx Plus is not a treatment for sleep apnea.
- Improperly fitting and adjustment of SnoreRx Plus may cause damage to your teeth, gums, and jaw. Advise your dentist at your annual visit that you are using SnoreRx Plus and ask him/her to evaluate the fit and monitor for changes to your teeth, gums, and jaw.
- Discontinue use of this device and notify your dentist if you notice any signs of tooth movement, changes in your bite, persistent pain or discomfort, or if you had trouble fitting the device.

NOTE: Anyone who believes they may have sleep apnea should consult their health care professional. SnoreRx Plus is not cleared by the FDA for the treatment of sleep apnea.

SNORERX[®] PLUS[™]

Special Offer

Receive a free Aseptic Guard® cleaning spray to protect your device from bacteria, odor, plaque buildup, and stains.

Visit asepticguard.com/snorerx to claim your bottle.*

*Terms and conditions apply. See website for details.



MANUFACTURER

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Video instructions are available online at:

www.snorerx.com/support

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