

Sleep Appliance (Oral Appliance for Sleep Apnea or Snoring) – Instructions for Use and Care

Initial Instructions (Receiving Your Sleep Appliance)

1. Purpose of the Appliance

- Designed to reposition your jaw to keep your airway open during sleep.
- Helps reduce or eliminate snoring and symptoms of obstructive sleep apnea.

2. Adjustment Period

- Wear the appliance nightly as directed.
 - It may take a few nights to adjust. Some mild soreness or tightness is normal.
 - Salivation may temporarily increase.
 - Wear the repositioner every morning for a few minutes. Its purpose is to guide your jaw back to its natural, relaxed position after wearing the oral appliance all night.
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Care Instructions

● Cleaning:

- Rinse and brush the appliance gently with a soft toothbrush (no toothpaste).
- Soak weekly in a denture cleaner or appliance cleanser recommended by your provider.

● Storage:

- Store in a ventilated case when not in use.
 - Avoid heat or pets chewing on the appliance.
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Follow-Up and Maintenance

- Bring your appliance to follow-up visits for adjustment or inspection.
 - Let us know if you notice jaw pain, bite changes, or appliance damage.
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 **Call Us If:**

- The appliance becomes painful, loose, or damaged
- You experience worsening sleep symptoms
- You have difficulty wearing it through the night