

SNOREMENDER PS® INSTRUCTIONS

These instructions, and our FAQ, are available at www.snoremenders.com

When SnoreMender PS can and cannot be used

As stated in our pre-purchase checklist, there are situations when SnoreMender PS cannot be used, including:

- If you have an excessively receding jaw (overbite 5mm (3/16 inch) or more) or a protruding lower jaw.
- If you suffer from Gum Disease / Jaw Pain / TMJ dysfunction (TMD) / Loose Teeth.
- If you have Dentures / Implants / Braces / Bridgework (not including crowns) / Other Weaknesses in your front 6 upper or front 6 lower teeth you should check with us or your dentist, to make sure they are strong enough to support the SnoreMender PS.
- People under 18 years old MUST NOT use SnoreMender PS.

How to Use

If you experience prolonged discomfort, bleeding, loose or moving teeth, excess jaw pain, bite changes or other problems related to using your SnoreMender PS, please immediately discontinue use and contact us for advice.

With proper use there is no permanent effect of the SnoreMender PS on jaw or teeth - please make sure you read the usage instructions carefully.

To Use: Before going to sleep, fold the SnoreMender PS and place in the mouth.



← Fits over Upper teeth

← Fits behind Lower teeth

The SnoreMender PS works by moving the lower jaw slightly forwards which can be felt as a forward pressure on the lower teeth, indicating correct use.

The SnoreMender PS works from the first night you wear it, but for the first few weeks you may get aching in the jaw and teeth, which is normal as your body adjusts. This usually goes away within a few minutes of removing the SnoreMender PS but teeth may feel sensitive for longer at first.

The key is to persevere - give yourself time to get used to it. Our staff includes long time users of SnoreMenders – if you have any difficulties, please see our FAQ at www.snoremenders.com/FAQ.html or email us at help@snoremenders.com

If the teeth continue to ache significantly, after the first 8 weeks of use, you should use the adjustment "If the SnoreMender PS is too strong".

Occasionally at night your SnoreMender PS may fall out. This is normal and will happen less and less over time.

Sometimes the SnoreMender PS may cause excess saliva or a dry mouth - your mouth will usually adjust within two to four weeks.

Cleaning and Maintaining SnoreMender PS

Warning - never overheat your SnoreMender PS – Max 70°C / 160°F !!!

1. Wash by hand in lukewarm water, with soap, and rinse
2. Once clean, hold opened out flat and run hot tap water over the hinges for 30 seconds to soften them slightly – you should feel the hinges relax and open out when you do this.
3. Keep held flat while drying with a towel and while it cools

If the SnoreMender PS is rubbing the gums

If the rubbing is behind the lower front teeth, then use a nail file and file the edge down. You will need to press quite hard with the file. It is best to do one half first, so you can see how much you have filed. About 1 mm (1/32 inch) is usually enough.

You can smooth any rough edges by using the nail file gently.

If the rubbing is elsewhere, please email us for advice at help@snoremenders.com

If the SnoreMender PS Slips out of place

If the SnoreMender PS slips out of place it may not stop the snoring without adjustment.

Sometimes the lower part may be a little too wide, so it will not fit behind the lower teeth without squeezing it into place, and it will then sometimes 'pop off the teeth'. In this case, the following adjustment should help:

1. Put 1 cup of **cold** and 2 cups of **boiling** water in a bowl (**Max 70°C / 160°F**)
2. Hold by the hinges and dip the lower front half of the device in the water for 90 seconds
3. Put the device in the mouth and bite down gently, to force it into place
4. Maintain position for 120 seconds

If the slippage is elsewhere, please email us for advice at help@snoremenders.com

If the SnoreMender PS Is Too Strong or Springy

Sometimes the SnoreMender PS can feel too strong, causing either aching teeth, or an aching jaw, or it may be difficult to keep it in place because it is pulled off the teeth, or the springiness may hold the mouth open too far.

There is always an adjustment period when you start using an anti-snoring mouthpiece, so if possible, we recommend you used it without adjustment for 1-2 weeks. However, if it is too strong to wear, or it is still making the teeth ache after two weeks use, the following adjustment will reduce the strength:

1. Put 1 cup of **cold** and 2 cups of **boiling** water in a bowl (**Max 70°C / 160°F**)
2. Put the whole device in the water for 90 seconds
3. Put the device in the mouth and bite down gently, to force it into place
4. Maintain position for 120 seconds

If that does not help, please contact us for advice. We make a reduced strength version of the SnoreMender PS and there is no charge to switch to that version if required.

If the SnoreMender PS is Not Working

If the SnoreMender PS is not stopping snoring it may not be extending the lower jaw enough to open the airway. This adjustment will increase jaw advancement:

1. Put 1 cup of **cold** and 2 cups of **boiling** water in a bowl (**Max 70°C / 160°F**)
2. Hold lower front piece (NOT the hinges) in the water for 60 seconds, while it softens
3. Pull lower tray outwards (by putting thumb through middle and pulling away from hinges). You should feel it lengthening.
4. You should see it is now narrower and elongated
5. You can try it several times, until you get the length required - start cautiously and get the feel of how hard to pull it.



If that does not help, please contact us for advice. We make an extra strength version of the SnoreMender PS and there is no charge to switch to that version if required.

Overactive Gag Reflex - Acclimatisation

The following steps should help while you acclimatise:

- Warm it slightly in warm water (to body temperature) before wearing
- Hold it in place with your fingers, so your body knows you are in control of it
- Start a few seconds at a time and build up your ability to not gag

Replacing Your SnoreMender PS

Eventually your SnoreMender PS will need replacing - typical lifetimes are between 9 and 18 months. If you notice it becoming less effective, please visit www.snoremenders.com to purchase a replacement.