

## SLEEPRIGHT® MODELS

### Slim-Comfort™

- Ideal for small mouths
- Slim design for comfort



### Secure-Comfort™

- Stability wings for extra safety



### Dura-Comfort™

- More durable bite pads
- Band provides more fitting features
- More flexible stability wings



### Select

- 5 adjustable settings
- Low-profile design



**Splintek**. designing health & comfort



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Complete fitting instructions can also be found at [sleepright.eu](http://sleepright.eu)

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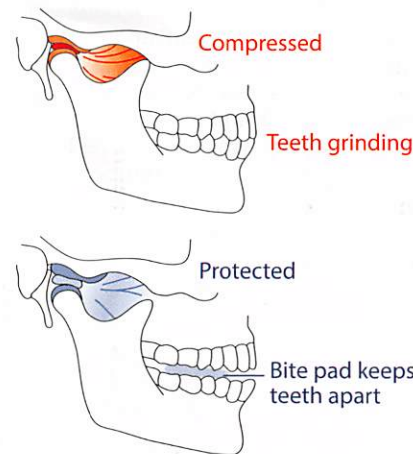
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**INDICATIONS:** SleepRight® dental guard is designed to protect teeth and TMJ from clenching and grinding. **WARNING: Do not use if you are under 18 years of age** and do not allow children under the age of 18 to use this product. Do not use if you have TMJ dysfunction without first consulting a dentist; have teeth or jaw pain; or if the dental guard or any part of the device is broken or damaged. **Do not use as an athletic mouth guard.** Before using this product, carefully read and understand all directions and consult with your dentist if you have any concerns. Using this product other than as directed may cause breakage of the product and potential injury. Do not use for more than 8 hours in a 24 hour period. Not for use with dentures, braces or other dental appliances. **Do not use for more than 3 months from initial use without consulting your dentist.** Ask a dentist before use if you have loose fillings, loose teeth, chipped or broken teeth, loose caps or unfilled cavities; jaw clicking or pain, teeth pain, face pain; difficulty chewing; mouth sores; gum disease or bleeding gums; or respiratory problems. While using this product, see your dentist at least every 6 months. **Stop use and see a dentist if you develop loose teeth or a change in your bite;** experience pain or other irregularity. Stop use if it easily falls out of your mouth or causes you to gag or choke; you develop bleeding gums, soreness or other reaction inside your mouth. **CAUTION: As with all intra-oral devices, there are inherent risk factors associated with using them. You should proceed with caution while using this product and regularly examine it, before and after each use, for any damage that may present a potential health hazard.**

## HOW IT WORKS

Clenching and grinding teeth has been classified as a neuromuscular disorder. Overactive muscles can cause chipping, fractures, excessive wear and loosening of the teeth. The SleepRight Dental Guard's articulating bite pads, made of a hybrid resilient material, slip comfortably between your teeth and are designed to re-establish your natural freeway space. They interrupt the clenching cycle so the jaw muscles can relax. We strongly encourage our customers to concentrate on, "lips together, teeth apart" to initiate the muscle relaxation process. Your goal is to relax your jaw muscles and don't bite down!



## DIRECTIONS

**DO NOT BOIL;** ready to use. **Eliminates the risk of burns or chemical leaching due to boiling.**  
No BPA, latex, silicone or phthalates.

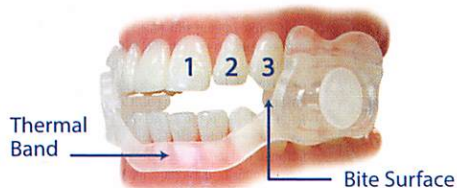
## RINSE

Rinse with cool water for initial cleaning and lubrication before trying to adjust.

**Avoid hot water.**

## CHECK HOW IT FITS

Your dental guard has adjustable bite pads, which have been pre-adjusted to fit most people. Place it in your mouth and use a mirror to check how the pre-adjusted position fits before making further adjustments. The bite pads fit between the upper and lower molars. The front edge of the bite pads should rest between the upper third tooth (cuspid) and fourth tooth (premolar) from the front midline. The thermal band should rest between your lower lip, cheek and gums. Rest teeth on bite surface only, as shown. Never bite the thermal band. Your body temperature will activate the thermal forming properties of the band for a more comfortable fit. (exclusive feature to SleepRight®)



## ADJUST BITE PADS IF NECESSARY

Your dental guard has 4 settings on both sides that allow you to adjust the bite pads forward for a smaller fit and backward for a larger fit, creating sizes S, M, L and XL.



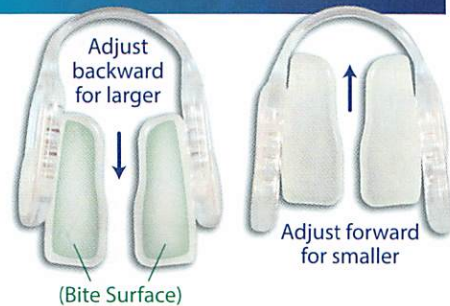
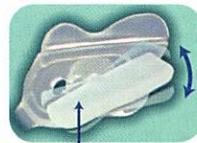
After initial adjustments, you will not need to adjust your dental guard again.

Adjustments can easily be made by holding the bite pad firmly with one hand, while gently pushing the band towards the bite pad with the other. Bite pads should feel tightly secured to the strap. Use water to make adjusting easier.



Never pull the bite pad against the band.

The bite pads automatically swivel to match your bite when your jaw is relaxed.



## HELPFUL HINTS

- For best results, begin wearing 30-minutes before lying down.
- Concentrate on "lips together and teeth apart" to initiate jaw muscle relaxation.
- It is natural to feel jaw muscle fatigue and soreness initially. This is normal due to the natural tendency to clench your teeth. Clenching may even cause minor headaches.

## CARE AND CLEANING

To clean your dental guard, rinse it with cool water or mouthwash. For further cleaning, brush it with a toothbrush and mouthwash. **Avoid hot water.** Dry thoroughly and return to your storage case. Replace your dental guard if you notice breakage or excessive yellowing.