

Instructions for use



- STEP 1.** Hold the mouthguard in your palm with the bottom side up (create a P shape) and squeeze the bottom half firmly together. Rock the bottom half forward one notch at a time until it's the right fit for you.
- STEP 2.** Soak the mouthguard in water that is 70 degrees celsius for about 25 seconds (to get the water to 70 degrees celcius put 50mL of cold tap water and 150ml of boiling water into a bowl)
- STEP 3.** Bite firmly in the mouthguard and use your fingers to press against the outside for the best fit.
- STEP 4.** After shaping, soak the mouthguard in cold water for about 1 minute to secure the fit.
- STEP 5.** Rinse the mouthguard with water every morning and then place it in the storage box.
- STEP 6.** Move the bottom jaw forward by pushing on the buttons on the side of the device according to your night time snoring. Push forward until snoring is alleviated. *If unsure, speak to your health professional.*

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