

Instructions for Care and Use of the Somnomed MAS

Care and Cleaning of the Appliance:

- Clean the appliance daily with a non-whitening, non-abrasive toothpaste.
- Once per week, soak the appliance in a commercial denture cleaner (Polident, Efferdent) for no more than 20 minutes. Any other solutions used to clean your appliance may damage the material.
- When your appliance is not in your mouth, store it dry (not sitting in liquid) in the case provided. (This is especially important if you have a dog. Some people have had their appliance destroyed due to their dog chewing it).

DO NOT STORE YOUR APPLIANCE IN LIQUID/WATER FOR MORE THAN ONE HOUR. IT MAY WEAKEN THE APPLIANCE OVER TIME.

Insertion and Removal of the Appliance:

Seating your Somnomed MAS

Place the upper portion in your mouth. Press up on the upper portion with both thumbs to ensure that it is seated securely on your upper teeth.

Place the lower portion in your mouth. Press down on both sides of the lower portion using your forefingers to ensure it is seated securely on your lower teeth.

Once the upper and lower portions are securely seated, bring your lower jaw slightly forward to allow the “fins” to engage. Slowly bring your lower jaw into a closed position and allow your lips to close over the appliance

Removing your SomnoMed MAS

Always remove the lower portion first. Place your thumbs on the lower edge of the appliance on both sides and gently push the lower portion upward to remove. To remove the upper portion, place your fingers on the edge of the device and gently pull down in a rocking motion.

Adjusting The Screw Mechanism:

Your Somnomed has been custom made for you and is designed to provide maximum effectiveness. The screw mechanisms allow you to move your lower jaw position forward which can increase the effectiveness of the appliance.

To adjust the screw mechanism:

Place the wire end of the key into the hole in the center of the screw mechanism. Push or turn the key in the direction of the arrow to move your jaw position forward, or away from the arrow to move your jaw position back. This is considered one turn.

Five turns equals .5 mm. **Be sure to adjust each side evenly.**

How Often To Adjust Your Appliance:

No adjustments of the screw mechanism should be made during the first week after you receive your appliance. It is important to allow your jaw and teeth to become comfortable with the appliance in place at night. Monitor your snoring, daytime sleepiness, and quality of sleep during that first week. If these symptoms persist, then you can advance the jaw by adjusting the screw mechanism 5 turns in the direction of the arrow, and then monitor your symptoms for 3 days. If the symptoms continue, you will again adjust the screw mechanism 5 turns in the direction of the arrow. This process of monitoring and adjusting the appliance continues every 3 days until the symptoms are well controlled.

Preventing Changes in the Bite:

After you remove your appliance in the morning, it is common for your bite to feel different because your jaw has been forward all night. You may notice that your front teeth contact heavily, and it will be difficult to close your back teeth together. In order to prevent permanent changes from occurring in the bite, it is very important for you to do these simple exercises each morning.

Use of the AM Positioner:

- You will be using the appliance for approximately 15 minutes. During this 15 minute period, you will place the appliance over your upper teeth, then close your teeth into the indentations in the appliance, hold them for approximately 2 seconds and then release. Repeat this four times per minute for this 15 minute period.
- During the first five minutes, close your teeth gently into the device. After that, you can close and clench more firmly into the device.

After using the device for this 15 minute period, you should note that your bite returns to normal. If not, please contact our office.

Care of the AM Positioner:

- Clean the AM Positioner daily with a non-whitening, non-abrasive toothpaste.
- Once per week clean the device with a commercial denture cleaner in cool water.
- When your appliance is not in your mouth store it dry in the case provided.

Do not place the AM Positioner in warm or hot water or it will warp or melt.

IMPORTANT: It may take 4-8 weeks to determine the most effective jaw position for managing your snoring and apnea condition. We are hopeful that you will notice an immediate improvement in your symptoms. However, it is usually necessary to advance the jaw slowly over a period of time to improve the effectiveness of the appliance and maintain the comfort of your jaw and teeth.

Helping people achieve quiet restful sleep