



"THE SHARK"

ORAL SLEEP APPLIANCE

Protocol, Care, and Use Instructions

Wear each night while sleeping for best results. Make no adjustments for the first week to get acclimated to wearing and sleeping with the appliance.

Then ask yourself:

Have you stopped snoring?

Are you having pain or soreness in the teeth, muscles, or joints?

Are you still experiencing excessive daytime sleepiness?

If the answers are "No", then advance the appliance forward. Please follow the direction of the arrows located beside the activators. Turn the screw with the wire key one turn each night. With each turn, the appliance will be activated.

Adjusting Your Appliance

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 equal .5mm. Be sure to adjust each side evenly. As long as the answers to the above questions are still "NO", then continue to activate nightly.

Your goal is to find the position that stops the snoring and dissipates the daytime sleepiness without jaw, muscle, or teeth discomfort. At some point, a home sleep study may be needed to measure sleep apnea episodes. Once the best position is determined, a return to the sleep clinic and evaluation by the sleep physician may be needed. Your dentist will discuss this with you at your follow-up appointments.

IMPORTANT: It maybe 4-12 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.

To prevent bite changes, follow the jaw exercise program as described below. Please keep your periodic follow-up appointment and bring your appliance at your visit.

Insertion and Removal of the Appliance

Inserting your SHARK Appliance

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 SHARK Appliance

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.

Jaw Exercise Program

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 will need to help it move back to its normal position. 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. Start exercise within one-half (1/2) hour after removing appliance.

Method One:

Gently clench molars together and hold for 2 to 3 seconds. Repeat 4 times per minute for 10 minutes or until bite returns to normal.

Method Two:

While taking a hot shower, chew gum for at least five minutes.

Ongoing Maintenance

Brush teeth thoroughly daily and floss teeth to a clean finish (failure to brush and floss teeth can lead to premature discoloration of appliance). Discoloration will not affect function or longevity of device. Clean your appliance daily. It is important not to soak your appliance. Store it dry in the case provided after following these simple cleaning instructions:

1. Use cool water only. Regularly clean the appliance in the same way you clean your teeth – with a toothbrush, toothpaste, and cool water.
2. Do not use effervescent denture cleansers or mouthwash containing alcohol. Over-the-counter effervescent denture cleansers or alcohol can alter the color and damage or weaken the appliance.