

INSTRUCTION BOOKLET

Please read in entirety before using.

US Patent No. 6,983,752 B2



Thank you for choosing The Prevent Snoring appliance.
“**Sleep Well**” and *quietly*.

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Snores is a world wide phenomenon affecting over 90 million people in the US and an estimated 2 Billion world wide.

Whether you snore yourself or your partner snores it can make falling asleep or staying asleep difficult. This can lead to daytime fatigue, irritability, lack of focus and many potential health problems.



WHAT CAUSES SNORING?

While awake, our airway remains open allowing air to flow freely in and out of our nose and mouth.

As we drift off to sleep the body begins to relax. The muscles located in the roof of the mouth (soft palate), throat, tongue and jaw relax. The jaw falls back narrowing the airway.

The air flowing through the narrowing airway creates vibrations causing the familiar “snoring” sound.

HOW LOUD IS SNORING?



Sounds	Decibels
Silence	0
Level at which sleep is disturbed	30
Quiet conversation	40-45
Office noise	50
Snoring	60-80
Heavy truck traffic	80
Concrete being Jack hammered	82
Loud snoring	90
New York subway	94



HOW DOES THE PREVENT SNORING APPLIANCE WORK?

The prevent snoring appliance is unique, in that it does not lock your jaw in place, thus allowing free natural movement of the jaw.

This freedom of movement is especially important if you clench or grind (Bruxism) your teeth.

The Prevent Snoring appliance is designed to reduce and/or eliminate snoring by holding your jaw slightly forward of its resting position. This keeps the airway open, eliminating the snoring sound.

DO NOT use the Prevent Snoring appliance if you have any of the following.

- TMJ temporomandibular joint disorder.
- Central sleep apnea.
- Chronic emphysema, asthma, or any severe respiratory disorder.
- Are under 18 years old.
- Have an abscessed tooth, gum disease or a loose tooth.
- Undergoing orthodontic treatment.
- The seal on your Prevent Snoring appliance is broken or appears to have been tampered with.

The Prevent Snoring appliance is not a treatment for obstructive sleep disorder or any other medical condition.

DIRECTIONS FOR USE

1. Always start with brushing your teeth.
2. While looking in a mirror place upper portion of the appliance marked “top” over upper teeth. The appliance may not cover all of your back teeth. The appliance may be more comfortable and is equally effective if the portion marked bottom is worn on the top teeth-try it both ways to see which is more comfortable.
3. If the appliance is not fitting well you can make additional adjustments by placing the top portion of appliance in water that has run through a coffee maker. The water temperature should not exceed 165 degrees. Let the top sit in the water for 10 to 15 seconds. Once the appliance softens, re-try it in your mouth. Repeat as necessary. The same can be done for bottom portion of appliance.
4. While looking in a mirror place bottom half on lower teeth and repeat step three (3)
5. Trim away any excess material. This will help insure a more comfortable fit.
6. The appliance should be cleaned daily, both before and after each use, by utilizing tooth paste.

If any of the following occur:

- You have difficulty breathing or swallowing.
- Experience severe or sharp pain in your jaw or face
- Experience clicking or popping in your jaw
- If snoring becomes worse
- If any new symptoms occur

Consult a physician and/or dentist.

Statistics

- Over 50% of adults admit to snoring
- Men are twice as likely to snore than women.
- Poor sleep can lead to daytime fatigue.
- 25-30% of snorers are not overweight
- 30% of adults snore by age 30

SNORING IS A UNIVERSAL PROBLEM

English	snore, saw logs
Danish	snorken
Spanish	ronchdo
Swedish	snarka, snarkning
French	ronflement, vrombir
German	schnarchen
Italian	russameto
Russian	xpan
Japanese	ibiki, kansui
Turkish	gurir
Portuguese	ronco