SnoreLogic

ANTI-SNORING Mouthpiece

- FDA cleared for the reduction of snoring
- Fully adjustable patented design for custom fit
- Dual-layer design for secure fit and superior comfort

Fully adjustable

Dual-layer molding

Side-to-side flexibility

FDA Cleared

FDA

Patented Design

Intended use

The SnoreLogic Snoring Mouthpiece is intended to reduce snoring for adults age 18 and older. It can be worn for up to 180 nights.

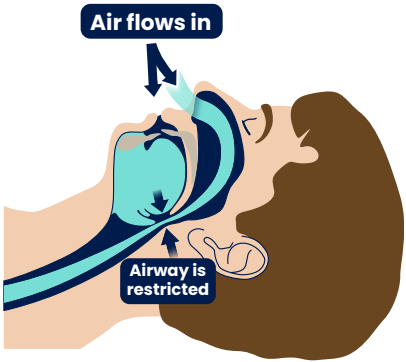
Using your snoring mouthpiece successfully

Make sure you read and familiarize yourself with this entire manual before molding and adjusting your mouthpiece. This will help you create an effective snoring device.

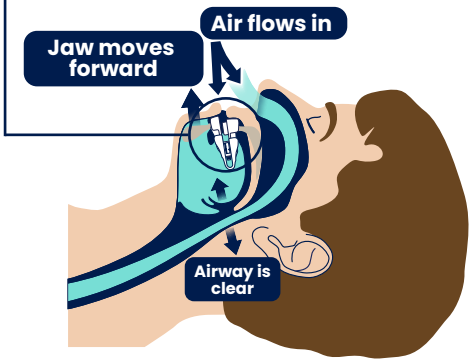
How does the mouthpiece prevent snoring?

Most snoring is caused by a narrowing of the upper airway. This obstruction of the airway causes airflow to become turbulent. As a result, the soft tissue in the nose and throat become dehydrated and vibrate. The sound this vibration makes is what we know as snoring. The snoring mouthpiece holds your jaw forward as you sleep. This opens your airway, helping you to breathe easily and quietly.

Before using mouthpiece



After using mouthpiece



Warnings

Most people who suffer from loud snoring can wear the snoring mouthpiece. However, you should not use the mouthpiece if you:

- Suffer with central sleep apnea
- Have a severe respiratory disorder, such as asthma or emphysema
- Are under 18 years old
- Have been diagnosed with a joint disorder related to the jaw
- Have severe jaw pain, loose teeth or periodontal disease
- Have full dentures that are removed at night
- Wear fixed braces or a retainer at night
- Had a dental implant less than 1 year ago
- Have a severe overbite (also known as an 'overjet', where your upper teeth sit very far in front of your lower teeth)

If you have visited a dentist in the last 12 months for any treatment, you should consult a dentist before using this mouthpiece.

Use of this mouthpiece may cause:

- Feeling that your teeth are misaligned upon waking and removing your mouthpiece
- Dental sensitivity after removing the mouthpiece
- Gingival (gum) or dental soreness
- Pain or soreness of the jaw
- Obstruction of oral breathing
- Excessive salivation. This normally reduces within a few days to a few weeks of wearing your mouthpiece.

Stop using the mouthpiece immediately if:

- You experience severe pain in your jaw, teeth or gums
- Your snoring becomes worse
- You have difficulty breathing while using the device

Getting started: Set up and practice fitting

To achieve the best fit, BEFORE starting your fitting:

- Please read the following instructions COMPLETELY in order to achieve the best fit. You can view a video of how to fit the snoring mouthpiece by going to **snorelogic.com/video**

- Gather all materials needed before starting the actual fitting process.

YOU WILL NEED:

- A timer or stopwatch that measures minutes and seconds

- A deep bowl (1 quart or larger)
- A fork or similar utensil

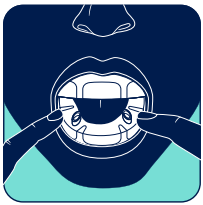
- A mirror to help with the fitting process

- Access to cold water
- A pot for boiling water or kettle

To practice fitting:

- The bottom of your mouthpiece has the adjustment blocks and spacers.

- While looking in a mirror, practice positioning your mouthpiece in your mouth. Ensure the adjustment blocks and spacers are on the bottom.



Note: Rinse your mouthpiece under cold, running water before starting.

Step-by-step instructions: Fitting your snoring mouthpiece

Before starting, watch the fitting video at snorelogic.com/video

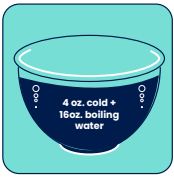
1 Begin by brushing your teeth. There should be no food particles in your mouth as this can interfere with the fitting process.

2 Turn the screws on either side of the mouthpiece clockwise until they are fully screwed in.

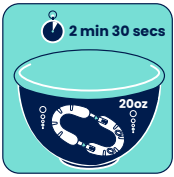
Note: It's easier to adjust the screws if you first fold the top tray underneath the bottom tray (bottom tray has adjustment blocks and spacers).

3 Pour 4 ounces of cold tap water into a measuring bowl.

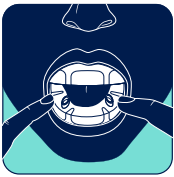
4 Boil 16 ounces of water and carefully add it to the measuring bowl with the 4 ounces of cold water.



5 Immerse your mouthpiece in the water for 2 minutes and 30 seconds.



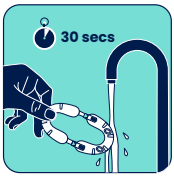
6 Use the fork to carefully take your mouthpiece out of the bowl. Place your mouthpiece into your mouth, ensuring teeth are within the channels. Bite down **firmly,** allowing the soft plastic to mold to your teeth.



Note: Ensure the adjustment blocks and spacers are on the bottom.

7 Use your fingers to press the mouthpiece against your teeth. Keep in place for 2 minutes.

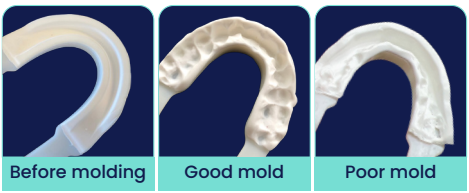
8 Remove the mouthpiece from your mouth and immediately place it under cold running water for 30 seconds.



9 Check that your mouthpiece fits securely in your mouth.

10 If any white plastic has spilled out of the tray, carefully trim the excess white plastic with scissors.

Note: If your mouthpiece does not fit properly and either falls off or is uncomfortable, repeat steps 2 through 10 until desired result is achieved. The molding process can be repeated up to 3 times if you are not satisfied with the results.



If you have trouble fitting your snoring mouthpiece, we suggest re-watching the fitting video at **snorelogic.com/video**

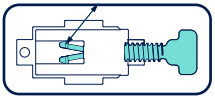
Using your snoring mouthpiece

Before using this device, make sure you follow any instructions supplied by your medical provider.

Wear your mouthpiece with the screws fully turned in for the first few nights. If your snoring is reduced, you can continue to wear your snoring mouthpiece in this position. If your snoring problem persists or is not reduced, turn each screw one half turn (180 degrees) counterclockwise. Wear your mouthpiece in this new position for 2 to 3 nights.

Repeat these steps until your snoring is sufficiently reduced or has stopped entirely.

Do not unscrew beyond this point!



You can use the SnoreLogic App to track your progress each night.

The snoring mouthpiece can be used daily, although wearing a mouthpiece may take a few nights to get used to. There are some side effects you may experience which are completely normal.

Try wearing the device for 1-3 hours while awake during the first few days, or 2 hours while sleeping for the first few nights. You should find that it becomes easier and more comfortable to wear.

Cleaning your snoring mouthpiece

- Always brush your teeth before using this mouthpiece.
- Clean your mouthpiece with cold water and a soft toothbrush every day after taking it out in the morning.
- Don’t use toothpaste – this can be abrasive and cause damage.

Make sure to inspect your device for wear and tear before each use and when cleaning. Do not use if broken or damaged.

Recommendations

It's recommended that you consult your dentist if you have any concerns or issues about using the SnoreLogic Snoring Mouthpiece. If you experience severe pain in your jaw, teeth or gums that does not subside after discontinuing use of the mouthpiece, it's recommended that you visit your dentist or doctor. If you're worried that you may be suffering from sleep apnea, it's recommended that you visit your doctor.

SnoreLogic

ANTI-SNORING Mouthpiece

Manufacturer Warranty:
• 30 day money back guarantee

Material Content:
• BPA and Latex free

Warnings/Contraindications:
This product is not recommended for people who:

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- Have a severe respiratory disorder, such as asthma or emphysema
- Are under 18 years old
- Have been diagnosed with a joint disorder related to the jaw
- Have severe jaw pain, loose teeth or periodontal disease
- Have full dentures that are removed at night
- Wear fixed braces or a retainer at night
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www.snorelogic.com

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