

Fitting Instructions

For the dentist



Thank you for choosing the Sleepwell to treat your patient. Below are instructions on how to fit the Sleepwell, as well as advice on how to make adjustments to the appliance, should this be required.

CHECK MODELS

The Sleepwell has been checked against a set of models, which are returned for your records. We recommend checking the fit using the models to help familiarise yourself with both the device and the retention. Please note that there may be missing or broken teeth on the check models.

Please ensure that you wet the models and splints before fitting, as failure to do so can cause de-lamination of the soft material.

PATIENT INSTRUCTIONS

If this is the first Sleepwell that you have fitted, we recommend that you also read the patient instructions, supplied in the appliance box.

The Sleepwell should be worn passively for the first two weeks, without advancing the jaw. Following this, patients can use the key to advance in small increments, until the optimum setting is found. We recommend one full clockwise turn a week.

ADJUSTING THE SLEEPWELL

Fitting your first Sleepwell device is likely to be a very different experience to fitting many other dental appliances. Should you have any concerns about retention, please follow the instructions below. **Note: do not trim any fit surfaces with burs.**

- **Too tight or difficult to seat:** Immerse the splint into freshly boiled water for 10-15 seconds. Fit immediately into the patient's mouth or on to the check models. Remove the splint and chill in cold water. Check the fit and, if still too tight, repeat the process again. Use freshly boiled water each time.
- **Too loose:** In the unlikely event that the Sleepwell feels too loose, immerse in boiling water for 10-15 seconds and gently squeeze the buccal-palatal/buccal-lingual sections of the splint using your finger and thumb. Chill in cold water, check the fit, and repeat the steps again if need be. Use freshly boiled water each time.

IMPORTANT: Please ensure you use freshly boiled water when adjusting the fit of the Sleepwell. Failure to follow the recommended fitting instructions may invalidate the 12 month manufacturing warranty.

RECOMMENDED CLEANING PRODUCT

To ensure the Sleepwell device is kept in a healthy condition, we advise using Dentipur disinfecting tablets. These are available in boxes of 30 and can be purchased via the online shop on our website s4sdental.com. The use of any other denture tablets could damage your appliance.