



Sleepwell

For snoring and obstructive sleep apnoea

USER GUIDE

FITTING

Taking your device, place the hook component over the top teeth and the shelf component over the lower. Bring your lower jaw forward to allow the hook on the upper part to locate the metal plate on the lower. For the first two weeks, wear without advancing the lower jaw screw.

ADJUSTING YOUR SLEEPWELL

Once you are used to your device, use the key to advance your lower jaw. Turn clockwise to move forwards and anti-clockwise to move back.

We recommend advancing one full turn every week until snoring stops. This should be done whilst not wearing the Sleepwell device.

If you feel resistance moving your device, check for any obstructions or whether the hook has reached the end of its travel. If the hook has reached the end of its permitted travel, contact your dentist.

PRODUCT INFORMATION

The device should be worn as per the instructions given by your dentist. The Sleepwell is manufactured using a bi-laminate material, with a soft inner lining for maximum comfort.

It incorporates a special component, made from medical grade 316 Stainless Steel, enabling side-to-side movement. As with most appliances, staining can occur, especially around the Stainless Steel components. This will not affect the performance or lifespan of your Sleepwell.

MAINTENANCE

Clean daily using a soft toothbrush, ordinary soap and cold water. We recommend disinfecting your device twice a week with Dentipur. If you observe any cracks, material separation or increased play in the adjusting mechanism, stop use and contact your dentist.

DENTIPUR

We recommend Dentipur disinfecting tablets to ensure your Sleepwell is kept in a healthy condition. These tablets reduce:

- Appliance discolouration
- Build up of plaque/calculus
- Candida albicans (oral thrush)
- Staphylococcus aureus (MRSA)

The use of any other denture tablets could damage your appliance.

GUARANTEE

Your Sleepwell is guaranteed for 12 months from the date of manufacture for mechanical or material failure. This does not cover accidental damage or misuse.

SIDE EFFECTS

During the first few weeks, you may experience the following. These are normal and should disappear with device wear:

- Slight tooth discomfort
- Slight jaw discomfort after each advancement
- Temporary alteration in bite first thing in a morning.

WARNING

Do not use if you suffer nausea or vomiting from another condition. The device should not be used by patients with: Central Sleep Apnoea, severe respiratory disorders, loose teeth/advanced periodontal disease, if you are under 18 years of age.

The device may cause tooth movement or changes in occlusion, gingival/dental soreness, TMJ pain, obstruction of oral breathing, or excess salivation. In this event, stop wear and see your dentist.

For more information on our Dentipur tablets, including ingredients and care instructions, see s4sdental.com/dentipur.

We have enclosed a free cleaning tablet sample for use with your appliance.
Order more at s4sdental.com.