



Important Safety Information:

Intended Use: The Nusleep OTC device is intended to be used to treat nighttime snoring and Upper Airway Obstruction. This device is only for adult patients 18 years or older.

Contraindications: The Nusleep OTC is contraindicated for people with loose teeth, loose dental work, TMJ, dentures or other conditions that would adversely effect the use of an appliance. If you are not sure about the condition of your teeth then a dental exam is recommended.

Introduction:

The Nusleep OTC device is designed to safely and effectively treat your snoring and obstructive sleep apnea. Unlike most “boil and bite” mouth pieces, the material chosen for NuSleep OTC maintains a snug strong fit around your teeth. The trays are designed to adapt to your mouth , eliminating the need for multiple sizes. With proper care you will experience a beautiful nights sleep.

Molding the Trays:

See video on website before you mold

Fit the Upper tray first.

1. Place the tray over your teeth to determine if it needs to be wider , narrower or shorter.
2. Bring water to a boil and then let it sit for 75 sec. Place tray into water until white material turns clear (15 sec.) Remove with tongs; touching only the outer clear plastic.
3. Let cool for 30 sec. **Touch the metal parts with you finger to assure that the tray is cool enough to be in your mouth..** Place tray over your teeth making sure it is cen-

4. Bite down gently, pucker your lips, suck tongue to roof of palate and molding with your finger over your cheeks to adapt it to your teeth. Remove after 60 sec.
5. If splint adjustment needed, use a sharp scissors to trim the excess material that extends beyond the crowns of the teeth and even lower along the front teeth. This process may require reheating the portion of the tray that needs adjustment.
6. When the proper sizing of the upper tray is completed, the entire device can once again be placed into the hot water until the white plastic turns clear.
7. Let cool for 30 sec. and then place back into the mouth while molding the plastic as described above. Keep it in the mouth for 2 minutes to cool.
8. Remove it by placing the index fingers in the mouth over the molars. Pull down & forward at a 45 degrees to remove it. Place in cold water to set it.

Now your ready to fit the lower Tray

You can size the lower tray without the upper tray. But once proper sizing is established; Molding of Lower Tray must be done while the upper Tray is in the mouth. The bottom teeth positions 2mm ahead of uppers.

- Repeat steps 1-5 on the Lower Tray
- Insert upper tray in mouth.
- Repeat steps 6-8 on lower tray while both trays are in the mouth and the lower jaw is slightly forward to upper jaw.

If retention is not adequate the first time, just reheat and repeat it. If a tooth is too tight, run the area under hot tap water for

Adjustment of Cam can be done by using the supplied Allan wrench.

Loosen counter clockwise and move wheel forward to interact with the lower wing and move jaw forward. For less jaw protrusion, set the wheel move posterior. Tighten the hex screw securely.

Best starting position is lower jaw 2mm ahead of upper jaw.

Clean with brush, soap and water and occasionally with mouthwash to remove odor.

For long lasting results; never remove device by pulling on the clear plastic components. This may result in separation of the plastic shell.

We our committed to making you healthier!

If you have issues or concerns Email us with your phone number at contact@nusleepotc.com

We are happy to help!

Questions & Answers on Molding

- **Why do I need to mold the lower splint while the upper one is in the mouth?**

In order to get the cam and the wings to align properly, the soft lower splint moves into position as you close your mouth with both units in the mouth. If you find it difficult to do this initially, it is ok to fit the lower unit separately. Then re heat the lower unit slightly and then insert while the upper unit is in place. Use your finger to press on your cheeks to shape the wings to interact with the upper unit.

- **Why won't my lower mouthpiece fit?**

When you place the heated soft lower unit in your mouth; it is important to adapt inner plastic material to the lingual (tongue surface) of the teeth. This can be done by using your tongue to press the plastic toward the teeth. After the first minute that the device is in your mouth, you can use your index finger to continue to press the material around the teeth. Remove after 3 minutes and place in cold water. Re check the fitting.

- **Help! I still can't get it. My mouth is too small.**

Your mouth is not too small. Don't let this stop you. Go to our home page and schedule a fitting appointment.

- **I want immediate support. Why can't I get it like other products I buy?**

Video Chat can help us help you get the most out of your device. When you schedule a meeting with us we will be treating you as if you are in my NY sleep practice. An experienced medical assistant can provide the necessary help you need. In order to do this, we need to add you into our weekly schedule.

- **What is the best position of my lower jaw?**

As you mold the lower splint, the bottom teeth should be positioned slightly ahead of the upper. The distance should be about the width of the central incisor tooth. Sleep with that position and see how well you do. If snoring and obstruction remains, then advance the device 1mm by adjusting the hex screw.

- **Is my Fitbit device or partner the best way to determine success?**

It is a good way to start but there are more accurate methods. We can provide a test that evaluates your brain waves determining the quality of your sleep. Your REM, NREM and level of snoring can be established. Then adjustments to your device can be suggested to improve results. Your medical insurance usually covers these costs.