

How successful are mouthpieces in controlling snoring and Obstructive Sleep Apnea?

It is 90-95% successful when used in the appropriate condition. Patients with very large necks or if extremely obese can expect improvement in their snoring and obstruction but not resolution.

When should I expect to see results?

Most will see improvement the very first night. But some need to become accustomed to it before advancing the jaw to the most effective position.

What guarantees do I have that it works?

If you are not completely satisfied within the first 30 days, you will not be charged for the Nusleep OTC. After purchase, you will receive an email with information concerning product return. You will receive \$129.00 refund less shipping and processing fees.

How long will the appliance last?

Depending on individual use, expect a year or two before replacing.

Can I breathe through my mouth or drink with the device in?

Yes, even talking or taking a pill is possible.

Will using the appliance shift my teeth?

No, as long as your teeth and gums are in good health.

What should I expect in the morning?

When you first wake up it is normal for your front teeth to meet edge to edge. After about 5 minutes of chewing and swallowing, the jaw position returns back to normal. In some patients it can take longer. If this occurs, speed up the process by clenching your back teeth on a tooth pick or similar object.

Will there be any Jaw Soreness?

Depending on how much clenching you do there can be some initially. Most do not experience it.

What materials are Nusleep OTC made of? Is it safe?

The plastics chosen was designed to meet FDA Clearance. The metal is surgical grade stainless steel. It does not contain Latex or PBA (Bisphenol A).