



 **OPTISLEEP**

Application and care information



*Dear **OPTISLEEP** users,*

You know that feeling: Tiredness and exhaustion dictate your daily routine. The doctor's diagnosis is: You suffer from snoring or even obstructive sleep apnea.

Your dentist had a **OPTISLEEP** therapeutic appliance ordered, which has been produced individually for you.

These patient care instructions provide you with information about the treatment with **OPTISLEEP**, describes the use of the appliance as well as provides important tips on cleaning and caring for your new therapeutic appliance.

Should you have any questions in relation to your **OPTISLEEP** therapeutic appliance, please contact your dentist.

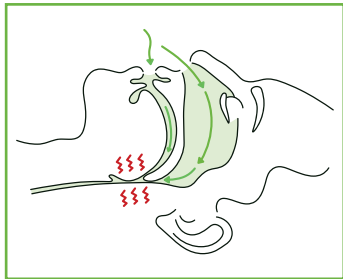
*Your **OPTISLEEP** team*

THE OPTISLEEP TREATMENT

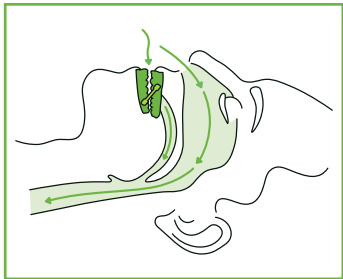
The **OPTISLEEP** therapeutic appliance works in accordance with the mandibular-protrusion principle:

The therapeutic appliance is worn in the mouth during sleep and holds the lower jaw in a slightly pulled-forward therapy position.

This leads to a widening of the respiratory tract and simultaneously activates the musculature of the tongue and soft tissue, which provides the respiratory tract with additional stability. This reduces snoring noises and the respiratory tract remains open.



Blocked respiratory tract



Unrestricted respiratory tract

THE OPTISLEEP THERAPEUTIC APPLIANCE

The therapeutic appliance was individually created for you and consists of

- an appliance for the upper jaw,
- an appliance for the lower jaw,

which are connected using exchangeable connectors. This allows your dentist to change the position of the lower jaw over the course of the treatment to the best possible therapy position.

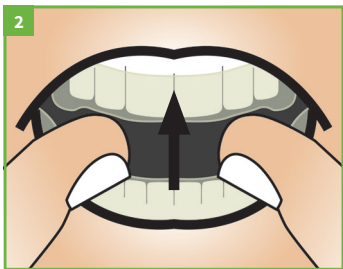
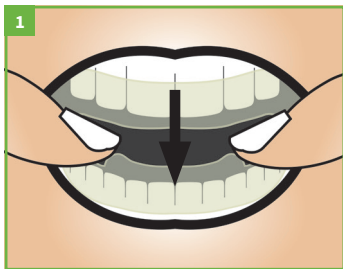


USING THE OPTISLEEP THERAPEUTIC APPLIANCE

Inserting the therapeutic appliance

Before using the therapeutic appliance, ensure that the connectors have been correctly mounted.

Slide the therapeutic appliance into the mouth completely. First, place the lower jaw appliance and then the upper jaw appliance on the teeth by applying a little pressure. The appliance snaps onto the teeth and should stay securely in place.



Do not attempt to attach the appliance by force. In the event of any problems when inserting the appliance, please consult your dentist.

Removing the therapeutic appliance

It should be possible to remove the therapeutic appliance from your teeth by exerting only little force?

Place your thumbs on the lower appliance in the area of the molars on both sides and lever these upward with equal slight pressure. Then carefully pull the upper appliance from the teeth.



Adjusting the treatment position

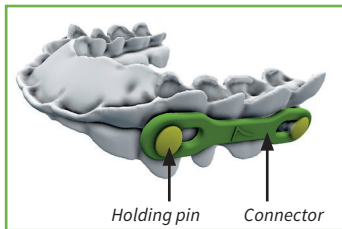
The OPTISLEEP therapeutic appliance can be set to one of a total of 10 different treatment positions with the help of the connectors of various lengths.

You have been provided with a therapeutic appliance which has already been set to the correct treatment position. Do not change the position without consulting your dentist first!

Removing the connectors

The connector is linked to the upper and lower jaw appliance via holding pins. In order to remove the connector, **it has to be positioned perpendicular to the appliance** in order that the connector can be detached. The connector can only be removed when in this position!

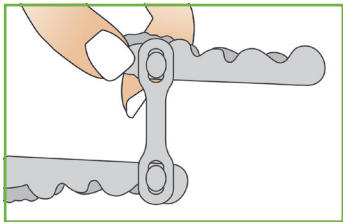
After you have positioned the connector perpendicularly, remove it by pulling via the holding pin. Hold the splint with your other hand to stabilize it at the height of the holding pin.



Securing the connector

The connector is linked to the upper and lower jaw appliance via holding pins.

In order to secure a connector in place, it needs to snap onto the holding pin of the appliance. To do this, apply slight pressure and guide the long hole of the connector perpendicularly to the appliance via the holding pin. The connector then snaps into place with a click.



Please pay attention when securing the connector that you hold the appliance below the holding pin with the other hand in order to prevent the appliance from being overly strained.



CLEAN AND CARING FOR YOUR OPTISLEEP THERAPEUTIC APPLIANCE

- Always brush your teeth thoroughly prior to inserting the therapeutic appliance.
- Clean the therapeutic appliance thoroughly every morning after taking it out using a soft toothbrush under warm running water. You should use this soft toothbrush exclusively to clean your **OPTISLEEP** therapeutic appliance.
- After cleaning the **OPTISLEEP** therapeutic appliance, always store dry and at room temperature in its storage container.
- Do not allow the therapeutic appliance be exposed to direct sunlight and heat.
- Remove the therapeutic appliance before eating or drinking in order to avoid damages to the appliance.

Indications relating to care

The use of prostheses cleaners which contain oxygen could result in the plastic in your therapeutic appliance becoming permanently damaged. The use of hot water and toothpaste could also result in damage. Incorrect cleaning may lead to a loss of warranty. Alterations to the therapeutic appliance could also lead to damages or the risk of injury.

Damaged therapeutic appliances

Regularly inspect your therapeutic appliance in order to detect any damage. Examples of such damage include deformations, cracks, breaks, or loose parts.

A damaged or broken therapeutic appliance may no longer be used because of the risk of injury. Should this indeed happen, please contact your dentist immediately.

WARRANTY

Your **OPTISLEEP** therapeutic appliance was produced for you individually in a fully digital process using your 3D images.

The digital planning and production of the **OPTISLEEP** enables a high level of accuracy, however it can not be guaranteed that a therapeutic appliance will definitely stop your snoring and/or relieve the symptoms of obstructive sleep apnea.

The manufacturer provides you with a two-year warranty which covers any possible production defects and material defects. We recommend that you have your dentist check the therapeutic appliance following a duration of use of two years at the latest.



INDICATIONS FOR USE

In adult population

- to reduce or alleviate snoring and
- to reduce or alleviate mild to moderate obstructive sleep apnea (OSA)

CONTRAINDICATIONS

The **OPTISLEEP** therapeutic appliances may not be used in the following cases:

- Central sleep apnea
- Severe respiratory disorders
- Loose teeth
- Advanced periodontal disease
- Under 18 years of age
- Edentulous jaw

POSSIBLE SIDE EFFECTS

Wearing the therapeutic appliance can lead to increased salivation. Pain in the temporomandibular joints and muscles, the palate, gums and the teeth, as well as headaches can also occur temporarily.

In the event of respiratory problems, nausea or allergic reactions, remove the appliance and contact your dentist immediately.

Should a medical condition persist over a longer period of time, please contact your dentist.

Long-term effects could be, under certain circumstances, movement of the teeth or changes to the dental occlusion.

If you permanently wear the therapeutic appliance, we recommend regular check-ups at your dentist.



Your **OPTISLEEP** therapeutic appliance will be given to you by your dentist in the **OPTISLEEP** storage container.

Always store the therapeutic appliance in the **OPTISLEEP** storage container cleaned and dried following each use.

If you should have any questions or suggestions with respect to your **OPTISLEEP** therapeutic appliance, please visit our websites:

WWW.OPTISLEEP.COM



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PRACTICE / INFORMATION

 **Manufacturer**
SICAT GmbH & Co. KG
Brunnenallee 6
53177 Bonn, Germany

Caution
Federal Law (USA) restricts use of this device to or on the order of a physician, dentist or licensed practitioner.

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