

*ACCURACY AND
..... ULTIMATE COMFORT*



***USE OF THE MATRX TITRATION TRAY FOR THE
MANUFACTURE OF AN OPTISLEEP APPLIANCE***

Quick guide | English

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1. Overview

Patients receive customized MATRx plus* titration trays, which they take home with them. Thanks to MATRx plus, patients can perform a sleep test in the comfort of their home, to assist in the diagnosis of obstructive sleep apnea and to predict treatment success with a mandibular protrusion appliance, including the effective treatment position.

After completion of the overnight test, a 3D X-ray scan is taken. When the scan is made, MATRx plus titration trays, worn by the patient overnight, are secured at their effective treatment position using the TD Clip and placed in the patient's mouth.

The patient's 3D X-ray scan with the MATRx plus titration trays accurately depicts the jaw relation of the effective protrusive position thereby ensuring treatment success. Manufacturing the **OPTISLEEP** therapeutic appliance on the basis of this data ensures that the patient's jaw is held in exactly this position by wearing the **OPTISLEEP**.

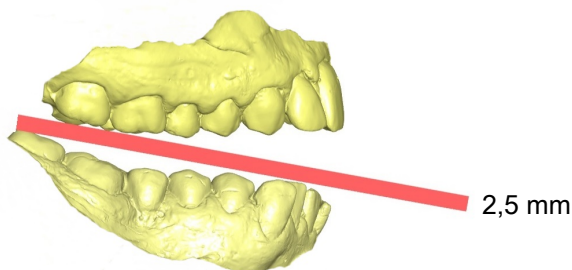
2. Preparation of the MATRx plus titration trays

To ensure that the manufactured **OPTISLEEP** fits optimally, you should make sure that the clearance between mandible and maxilla is sufficient when taking the bite. The **OPTISLEEP** therapeutic appliance has a flat occlusal surface and requires a clearance of at least 2.5 mm across the entire maxillary and mandibular arch.

In many cases, using of the patient's MATRx plus titration trays, fit as per the instructions provided by Zephyr Sleep Technologies, will ensure sufficient clearance of the patient's jaw. In patients with a pronounced Curve of Spee, elongated or tilted back teeth, additional measures might be necessary to provide the required clearance between mandible and maxilla.

Ensuring sufficient vertical clearance

- To make sure that sufficient vertical clearance is provided, you can, for example, place a rigid plate with a thickness of at least 2.5 mm between the patient's teeth which covers the back teeth (see figure).



- Measure the distance from the transition of the tooth to the mucosa in the maxilla to the transition of the tooth to the mucosa in the mandible.
- Determine the thickness of the MATRx plus titration trays using a sufficiently large caliper.
- Check whether the clearance measured on the patient is reached when the patient wears the MATRx plus titration trays.
- If not, please fill sufficient composite on the MATRx plus titration trays in the area of the anterior teeth or use bite tabs to ensure the vertical clearance measured on the patient is reached with the titration trays in place.
- Make sure that the patient does not move the mandible laterally during protrusion. A natural midline shift should not be corrected. If a midline shift exists, please note this in the comment field of the SICAT Air software before uploading the order.

For comprehensive product information, please use the **OPTISLEEP** Instructions for use for the medical professional and refer to the instructions for tray fitting in the MATRx plus Titration Tray Manual.

*MATRx plus is a trademark of Zephyr Sleep Technologies. All claims for the Zephyr device (MATRx plus) are made and authorized by Zephyr Sleep Technologies.

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