

Please Note:

Before proceeding to mould and use your Snoreshield ensure you have read and understood the Medical and Dental information on the outer packaging.

SnoreshieldTM

Instructions for use:

1. Remove any dentures or other removable appliances from the mouth, ensure your teeth are clean.
2. With the Plastic Peg in position insert the Snoreshield in boiling water for 15 seconds (Fig 1)
3. Remove carefully from boiling water with a spoon, shake off the excess water. Position Snoreshield over your upper teeth, making sure it fits evenly over the arch of your top teeth.
4. Push the Snoreshield firmly into place (Fig 2) then moving your lower jaw forward immediately bite your bottom teeth firmly into the Snoreshield and suck hard so that it moulds itself around the back of your top teeth.
5. Press your lips together and push against the outside of the top and bottom lips with your fingers to mould the Snoreshield against the front of the teeth. (Fig 3)
6. Remove the Snoreshield from your mouth and immerse in cold water for 1 minute.
7. Stages 1 to 6 can be repeated if necessary. You can make further adjustments after the first night if you feel it necessary.
8. The plastic peg must be removed when using the Snoreshield to enable you to breathe easier through your mouth. It can be re-inserted if you find you wake with a dry mouth, it will reduce your mouth breathing and encourage you to breathe through your nose.

