



SNORE GUARD INSTRUCTIONS

Common Causes of Problem Snoring

- Supine body position (lying face up)
- Large tonsils, soft palate or long uvula
- A tongue muscle that becomes too relaxed during sleep
- Being overweight: A recent study showed that a 10 percent weight gain may lead to a six-fold increase in the likelihood of developing problem snoring
- Nasal congestion from colds, allergies or deformities of cartilage in the nose
- Smoking, alcohol or medication (which cause drowsiness)
- Hypothyroidism: Due to lack of thyroid hormone, sufferers tend to have a larger tongue. As well as increased fat deposition in the tissues of the upper airway
- Menopause: Postmenopausal women were shown to have more than twice the risk of problem snoring.

Social and Health Consequences of Snoring

- Snoring is number three on the list of reasons for divorce in married couples (only infidelity and finances are blamed before snoring)
- Snoring is distressing for sleep partners
- Sleep deprivation has a negative impact on well-being and quality of life
- Snoring is an embarrassment when traveling with others
- Snorers experience tiredness, morning headaches, dry mouth, relationship difficulties, lower blood oxygen levels and other associated consequences
- New research has shown that loud snoring poses serious health risks



In this image, the tongue falls into the back of the airway as a person sleeps. This blocks the airway, leading to snoring.

This image shows it holding the tongue gently forward, preventing it from falling back and obstructing the airway.

Preparing to fit the device:

- Before use, rinse the Snore Guard under hot water. This helps ease the device onto your tongue.

SMILEORA DENTAL CARE

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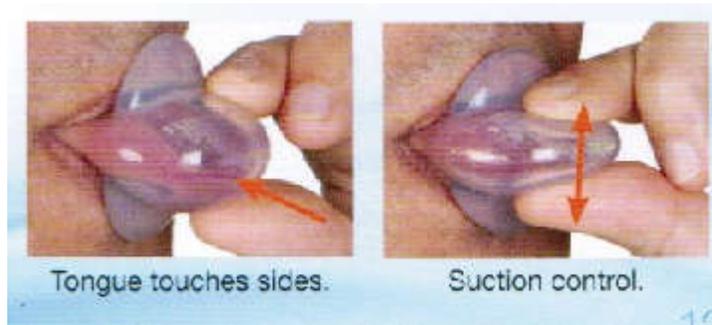
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- Make sure the V-Notch in the Snore Guard is facing down. In some extreme cases, you may require more room for the frenulum. The V-Notch can be modified to provide this room.
- It is advised that you practice wearing the Snore Guard while watching TV or reading a book. Getting used to the sensation of the device on your tongue will ensure it is comfortable during sleep. Through routine PRACTICE, you will find a position and suction level that will gently hold the tongue forward and prevent it from falling into and obstructing the airway.

Attaching the device to the tongue:



- The device attaches through the negative suction: Push your tongue gently into the Snore Guard, until it touches the sides of the device.
- Gently squeeze the upper and lower ends of the bulb between the forefinger and thumb. By using a gentle repeated pumping action, draw the tongue into the Snore Guard device until it firmly attached; make sure it is not too tight or loose.



Recommend practice:

To achieve maximum results: It is best to practice getting used to the best fit (correct suction level) to ensure the Snore Guard stays on throughout the night. This will help you become accustomed to having the device attached to your tongue. To achieve correct fit, it is important for you to be absolutely relaxed when wearing the device.

Excessive salivation is common during the initial stages. This subsides over time. If you find this to be a problem, it is best to place a towel over the pillow. If you continue to snore or the airway is still obstructed, there may be a need for the tongue to protrude farther.