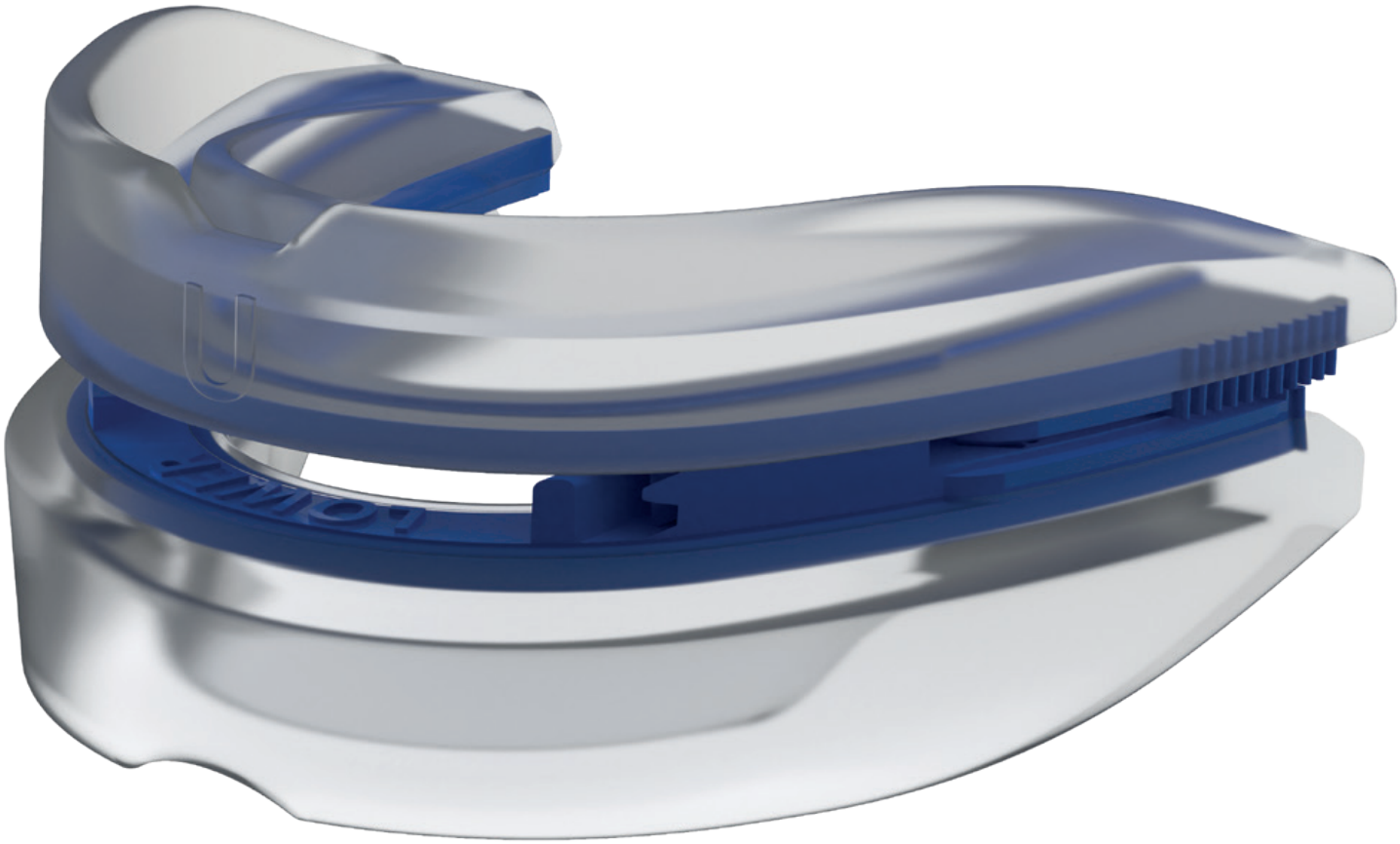
INSTRUCTIONS FOR USE

ApneaRx+

Registered Sleep Apnea Device



READ CAREFULLY

HELPFUL TIPS

1. Please be patient.
2. While **ApneaRx** can start working immediately, some people may be unfamiliar wearing an oral device to bed, it's very important to be patient and allow your body up to 4 weeks to get used to wearing the device.
3. We suggest you begin using your ApneaRx while watching TV/ reading a book **for a couple of hours per night**, before introducing it into your night time routine. This is to allow your body to get used to wearing the device.

4. After 2-3 nights, start wearing your ApneaRx to bed. It is completely normal for it to take **1-4 weeks to get used to wearing your ApneaRx for the entire night.** Please be patient.
5. If you wake up in the middle of the night and are bothered by your ApneaRx, just take it out and go back to sleep.
   Each night you should be able to sleep longer with your ApneaRx.
6. It is normal for some people to experience excess salivation, dry mouth and tenderness of the jaw, teeth and gums during initial use of your ApneaRx. This will subside over time.
7. Your ApneaRx works best if you sleep on your side or stomach.

ApneaRx Fitting Video

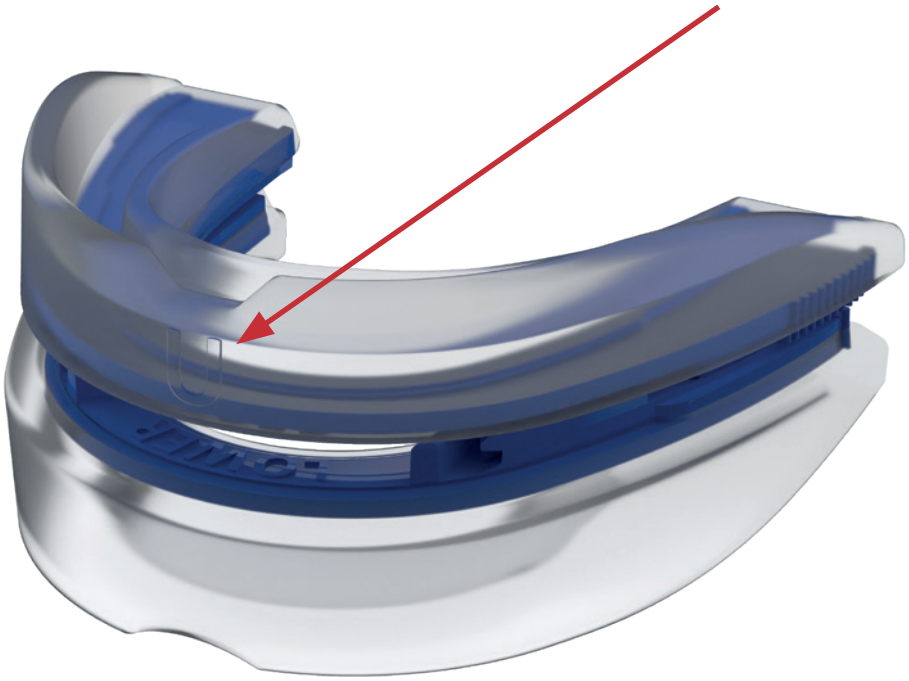
Scan the below QR Code
with your smart phone and watch our
“Fitting video”.

UTENSILS REQUIRED

Timer	
A large sized pot	
Bowl of tap water	
A spatula, or tongs	

NB: DO NOT USE MICROWAVE OR KETTLE

BEFORE STARTING THE MOULDING PROCESS, FAMILIARISE YOURSELF WITH THE DEVICES' "UPPER TRAY", THIS IS MARKED ON THE FRONT OF YOUR ApneaRx BY THE LETTER "U".



HOW TO MOULD YOUR ApneaRx

Step 1 **Leave ApneaRx on the factory setting of 3. Please do not pull apart prior to moulding.**

Step 2 Fill a large sized pot with water ¾ to the top and bring to the boil on the stove.

Step 3 After the water has come to the boil, turn the heat off and ensure the pot has then been carefully removed from the heated stove top element.

Step 4 Have your timer ready and only once the water has physically stopped bubbling, place your ApneaRx on the surface of the boiled water for a strict 30 seconds (do not submerge the device, you want ApneaRx floating at the top so it doesn't sink or touch the sides of the pot).

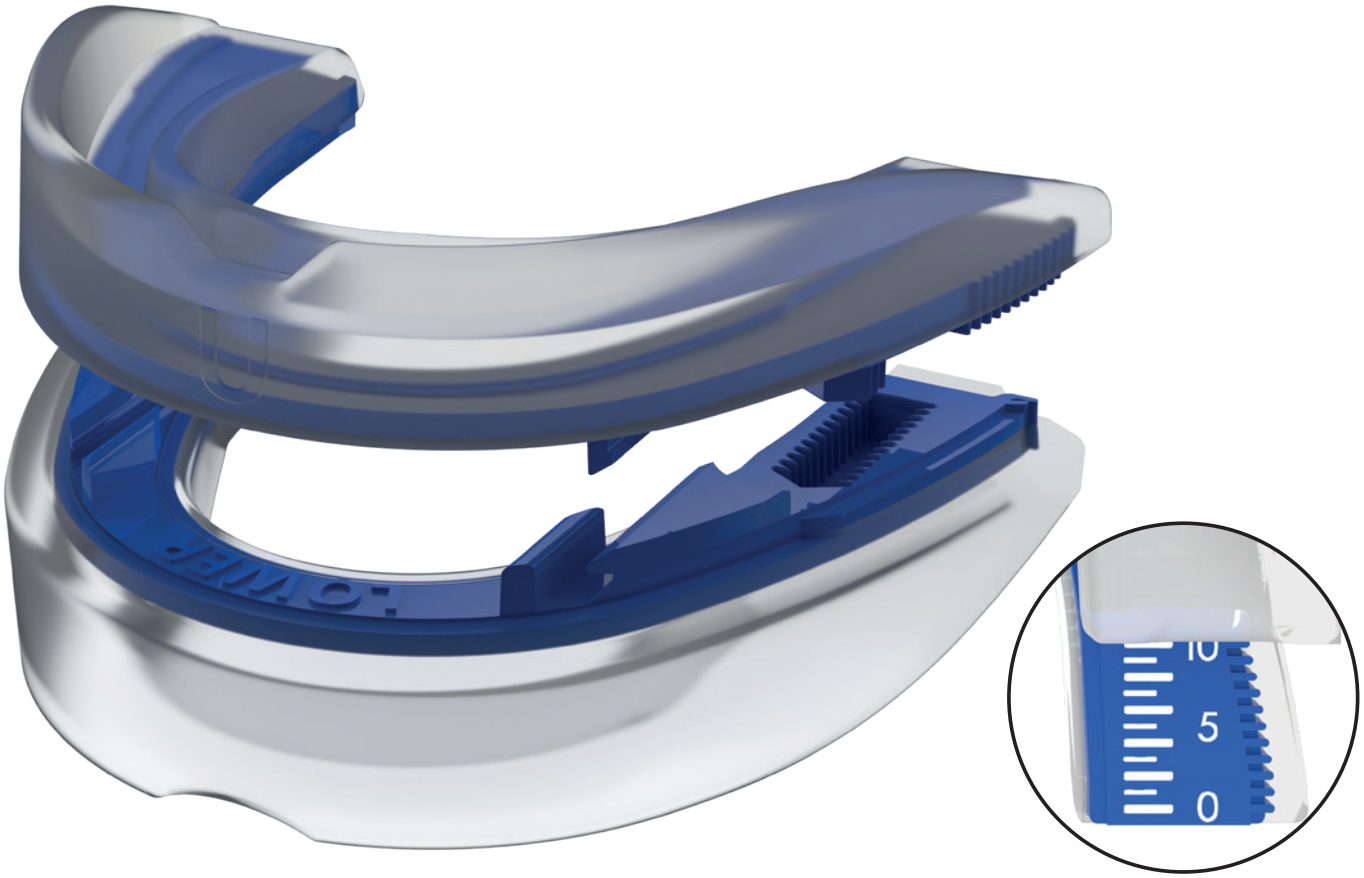
Step 5 Without applying too much pressure with the tongs, carefully remove ApneaRx by picking up the device from the back adjustment section
(this is the part that fits to the back of your mouth).

Step 6 Dip ApneaRx into a bowl of lukewarm water for 3 seconds to rinse residual hot water off, slowly position in your mouth and then bite down for 30 seconds. Use your fingers to push the warmed material over your teeth and gums to ensure an accurate and comfortable fit.

Step 7 Immediately after moulding your ApneaRx to your teeth, remove your ApneaRx from your mouth and place into a bowl of cold water for 20-30 seconds, this will help set your now customised/personalised mould.

Step 8 You are now ready to begin using your ApneaRx. Start using at the factory setting 3. After using for two nights and becoming used to wearing your ApneaRx, (if necessary) gradually adjust in 1mm increments until your snoring starts to subside.

ADJUSTMENT INSTRUCTIONS



If you are required to adjust your ApneaRx from the factory setting of '3' please use the following steps.

1. To adjust your ApneaRx forward, pull the lower and upper trays completely apart so you now have two separate pieces.

2. To reposition your ApneaRx find the desired increment on the adjustable increment scale on the upper tray and align the lower piece of your ApneaRx on the preferred adjustment (1–10).

3. Make sure both sides are adjusted to the same setting, if not, your ApneaRx will be less effective.

4. ‘Click’ the upper and lower trays back into place - this may require some force to ensure they are securely in place.

5. The lower tray should now sit slightly forward - this will help open the airway to maximise airflow and your snoring will diminish.

6. Gradually adjust your ApneaRx by 1mm increments until improvement is noticed. If jaw pain is noticed, go back to the last comfortable setting for a further few nights.

CARE & HANDLING

- Prior to using your ApneaRx, brush your teeth.
- Store your ApneaRx in its case in a cool dry place.
- Periodically, clean your ApneaRx with a toothbrush and toothpaste.
- Do not use harsh chemicals or household cleaning products like bleach, ammonia or mouthwash.
- Manufacturer recommends replacing every 12 months. **NB:** Product life is dependent on the patients use and post use care. Longevity and integrity of this device may vary from patient to patient.

CONTRAINDICATIONS

ApneaRx should not be used if you:

- Are under the age of 18.
- Have a history of TMD, temporomandibular disorder.
- Have worn dental implants or had Orthodontic work within the past year.
- Have dentures or are undergoing orthodontic treatment. **NB:** May be suitable for partial dentures.
- Have loose teeth, abscesses or severe gum disease.
- Have central sleep apnea.
- Have COPD or other respiratory diseases.

WARNINGS

Use of ApneaRx may cause:

- Tooth movement or changes in dental occlusion.
- Gingival or dental soreness.
- Pain or soreness to the temporomandibular joint.

CAUTION: If you experience prolonged discomfort, bleeding, loose or moving teeth, excess jaw pain, limited jaw movement, bite changes, or your ApneaRx shows any signs of damage or feels compromised in any way, immediately discontinue use and contact your dentist or physician or customer care for advice.

NON STERILE

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