

# ApneaRx<sup>®</sup>

## INSTRUCTIONS

Read Before Proceeding



### Micro-adjustable Oral Appliance

Other languages are available online at:

[www.apnearx.com/instructions](http://www.apnearx.com/instructions)

**Note:** Do not adjust the factory setting of '3' until worn a minimum of 3 nights.

### INDICATIONS FOR USE

ApneaRx is intended for use on adult patients 18 years of age or older as an aid for the reduction of mild to moderate obstructive sleep apnea (OSA), and/or snoring.

### CONTRAINDICATIONS

ApneaRx should NOT be used by patients who:

- Have central sleep apnea
- Are under the age of 18
- Have a history of TMD, temporomandibular disorder
- Have received dental implants within the past year
- Have dentures or are undergoing orthodontic treatment
- Have loose teeth, abscesses, or severe gum disease.
- Have a history of chronic asthma, emphysema, or a respiratory disorder, unless approved by their physician.

### WARNINGS

Use of ApneaRx may cause:

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

### CUSTOM FITTING INSTRUCTIONS

Materials required for custom fitting are:



Microwave



Timer



Spoon



Mug of Water



Bowl of Water

### ALTERNATIVE STOVE TOP INSTRUCTIONS

Ensure ApneaRx is set on the factory setting of 3 mm. In a small pot, bring 3 cups of water to a boil, remove pot from heat. Pour water into a mug and let it stand for 60 seconds. Proceed to custom fitting step 3.

### CUSTOM FITTING STEPS

Microwave Instructions (recommended):

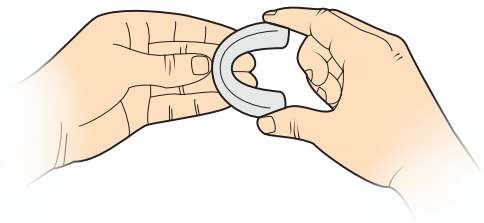
1. Ensure ApneaRx is set on the factory setting of 3 mm.
2. Bring the mug of water to a full boil in the microwave.
3. Submerge ApneaRx into the boiled water for precisely 90 seconds. Remove the device using a spoon.
4. Quickly dip ApneaRx into a bowl of tap water for 2-3 seconds to remove any hot water.
5. Bite down firmly into the device for 30 seconds.
6. Remove ApneaRx from the mouth and place it in a bowl of tap water for 60 seconds. This will set the impression.

### NOTE

If you do not see teeth marks on the device, repeat the custom fitting steps. The custom fitting steps cannot be repeated more than three times.

## ADJUSTMENT INSTRUCTIONS

Video Instructions: [apnearx.com/instructions](http://apnearx.com/instructions)



1. Hold ApneaRx in the 'C' position in your left hand. Simultaneously squeeze both sides of the upper jaw piece with your right thumb and index finger. If required, use your left fingers as shown to assist movement.
2. To advance the lower jaw piece forward, slide the upper tray in the 1 to 10 direction.
3. To reposition the lower jaw piece backwards, 'rock' the upper tray from side to side in the 10 to 1 direction.
4. Gradually adjust ApneaRx in 1 mm increments until improvement is noticed.
5. Make sure both sides of ApneaRx are adjusted to the same setting at all times.

## USER INFORMATION

- Brush your teeth prior to using ApneaRx.
- Your ApneaRx has been custom-fitted to your mouth and should not be used by anyone else.
- Begin wearing ApneaRx at factory setting of 3 mm.
- ApneaRx can be gradually adjusted to a higher setting by 1 mm increments for maximum effectiveness. Most sleep apnea can be reduced with a setting between 3-7 mm.
- If you wake up in the middle of the night and are bothered by your ApneaRx, remove the device. Each night, you should be able to sleep longer with your ApneaRx.
- ApneaRx works best if you sleep on your side or stomach. Specially designed pillows and "leg pillows" are available to help you stay on your side during sleep.
- Some people may experience excessive salivation, dry mouth and tenderness of the jaw, teeth, and gums during initial use of ApneaRx. To minimize this effect, ApneaRx should be worn for 1-3 hours for the first two days.

## CARE & HANDLING

- Gently brush your ApneaRx with your toothbrush and toothpaste after each use. An ultrasonic cleaner works best. It is also recommended that denture tablets are used periodically.
- Always allow ApneaRx to dry before storing in its case. It should always be stored in a cool, dry place.
- Do not use harsh chemicals or household cleaning products such as mouthwash, bleach, or ammonia.

## CAUTION

- If you experience prolonged discomfort, bleeding, loose or moving teeth, excess jaw pain, limited jaw movement, bite changes, or other problems that may be associated with using ApneaRx, immediately discontinue use and contact your dentist or physician.

## ADVICE

We recommend wearing ApneaRx for 2-3 days for 3-4 hours during the day to allow your body to acclimate to the device. Within a week, you should then be able to sleep throughout the night.

Advise your dentist during your periodic examinations that you are using ApneaRx.



ApneaRx is unconditionally guaranteed for a refund of the product price within 30 days of purchase.

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Consult Instructions for Use



Non Sterile



Caution: Federal law restricts this device to sale by, or on the order of a physician



European Clearance

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ApneaRx - Patent No. 8,833,374 and other US patents pending.  
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