



376 E Gateway Dr
Suite 202
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Welcome to Your Silent Nite Sleep Appliance

Your Silent Nite Sleep Appliance, crafted by Glidewell Dental Lab, is designed to help you achieve a better night's sleep by reducing snoring and managing mild to moderate obstructive sleep apnea (OSA). Here's everything you need to know about using and caring for your new appliance.

What is the Silent Nite Sleep Appliance?

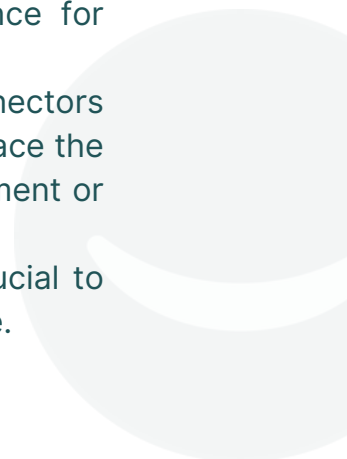
The Silent Nite Sleep Appliance is a custom-made, adjustable device that fits comfortably in your mouth. It works by gently repositioning your lower jaw (mandible) forward, which helps to keep your airway open while you sleep, thereby reducing snoring and the symptoms of mild to moderate sleep apnea.

What Does It Accomplish?

- **Reduces Snoring:** By repositioning the jaw, the appliance helps to keep the airway clear, reducing or eliminating snoring.
- **Manages Sleep Apnea:** It alleviates mild to moderate obstructive sleep apnea by preventing the airway from collapsing during sleep, allowing for uninterrupted breathing.

How to Adjust Your Appliance

1. **Initial Fitting:** Your dentist will initially fit and adjust the appliance for optimal comfort and effectiveness.
2. **Incremental Adjustments:** The appliance includes a series of connectors that allow for small, incremental adjustments. To adjust, simply replace the current connector with a shorter one to increase forward advancement or a longer one to decrease it.
3. **Follow-Up Visits:** Regular follow-up visits with your dentist are crucial to ensure the appliance is working effectively and remains comfortable.



How to Care for Your Appliance

- Before Inserting the Device: Brush and floss your teeth, then thoroughly rinse your mouth and the device with clean water.
 - Mouthwash Use: If you use mouthwash at bedtime, thoroughly rinse your mouth with water afterward to remove all traces of mouthwash.
- After Using the Device:
 - Cleaning: Use a 3.8% or less peroxide-based appliance cleaner according to the instructions on the box.
 - Rinsing: Thoroughly wash the inside and exterior of the upper and lower splints with cool, clear water.
 - Drying: Shake off excess water and allow the appliance to air dry completely.
 - Storage: Once dry, store the device in its storage case. Keep it at room temperature and out of direct sunlight.
- Precautions:
 - Avoid Soaking: Do not soak the device in mouthwash, denture cleanser, hot water, or alcohol.
 - Avoid Certain Cleaning Agents: Do not wash the device with soap, toothpaste, or mouthwash.
 - Avoid Heat: Do not dry the device with a blow dryer or expose it to direct sunlight.

Warranty and Longevity

- Warranty: Your Silent Nite Sleep Appliance comes with a two-year warranty from the date of manufacture. This covers any defects in materials or workmanship.
- Expected Lifespan: With proper care, your appliance should last between 3 to 5 years.
- Replacement: It is recommended to replace the appliance every 3 to 5 years to ensure maximum effectiveness and hygiene. Regular check-ups with your dentist will help determine the optimal time for replacement.



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Tips for Getting the Most Out of Your Appliance

- **Consistency:** Use your appliance every night as directed by your dentist.
- **Regular Adjustments:** Keep track of any changes in your sleep patterns or comfort level, and report them to your dentist for any necessary adjustments.
- **Maintenance:** Follow the care instructions diligently to extend the life of your appliance and maintain its effectiveness.

If you have any questions or concerns about your Silent Nite Sleep Appliance, don't hesitate to contact our office. We're here to help ensure you get the best possible outcome from your treatment.

Your journey to better sleep and improved health starts here. Enjoy your Silent Nite Sleep Appliance!

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