

STORING:

Always dry the appliance completely before storing. Place it in a dry plastic case whenever it is not in your mouth. Keep your appliance so that family pets cannot reach it.

FOLLOW-UP/MAINTENANCE VISITS:

Follow-up visits are necessary at the following intervals:

Week 1: "Comfort Check." Make any necessary adjustments for the fit of the appliance and the jaw position.

Month 1, 2, and 3: Evaluate your teeth and the appliance. Make any necessary adjustments in jaw position.

6 months: Check on your progress with the appliance.

Yearly: See your dentists once a year to inspect your teeth and the appliance. This will help minimize any side effects in your mouth and allow the dentist to make any necessary repairs to the appliance.

This maintenance care regimen is very important. To ensure the best possible treatment and outcome with the appliance, a proper fit is essential. Regular follow-up visits ensure this. The follow-up visits listed above are the minimum amount of visits necessary to assure the best possible treatment for you. Call your dentist for additional visits whenever you feel it may be necessary.

WARRANTY:

The Lamberg Sleep Well Appliance is custom made for you from materials to ensure comfort and durability. Your device is warranted by the certified laboratory used by your dentist. This is a manufacturers warranty and NOT a claim for stopping snoring or improving your obstructive sleep apnea. If your Lamberg Sleep Well Device is broken, it is very important that you cease using the device and contact your dentist to have it repaired immediately.



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CAUTION: Federal law restricts this device to sale by or on the order of a dentist.

PATIENT INSTRUCTIONS: LAMBERG SLEEP WELL APPLIANCE

The **Lamberg Sleep Well Appliance** is a two part device that is worn in the mouth and is used to reduce or alleviate night time snoring and mild and moderate obstructive sleep apnea. The custom-made appliance is inserted and removed by the patient.

The appliance consists of two distinct components (plates) that engage the teeth of each of the dental arches separately. The upper dental plate and the lower dental plate are in contact only in the front area of the mouth by means of a patented coupling system - a protrusive element on the upper dental plate and its complimentary mate on the lower dental plate. This serves to reposition the lower jaw (and therefore the tongue) forward.

This forward repositioning of the tongue acts to increase airway size, thus enhancing breathing while sleeping. Each device is custom made for the patient by prescription only, and is adjustable at the time of delivery and anytime thereafter.



RISKS:

This device should not be used if you:

- Have Central Sleep Apnea (CSA)
- Have severe respiratory disorders
- Have loose teeth or advanced periodontal disease
- Are Under 18 years of age
- Are edentulous or have an insufficient number of teeth to retain the device
- Have inadequate range of motion in your lower jaw
- Have Myofascial dysfunction (facial pain)
- Have Arthropathy of the TMJ (arthritis of the main jaw joint)
- Are undergoing any type of orthodontic treatment
- Are undergoing dental work that requires temporary crowns

WARNINGS:

Use of the device may cause:

- Tooth movement or changes in the dental occlusion or bite
- Gingival irritation or dental soreness
- Pain or soreness of the TMJ or facial muscles
- Obstruction of oral breathing
- Excessive salivation
- Loosening and or dislodgment of dental fillings or crowns.

NOTE: A small percentage of patients actually increase their number of apneic and hypopneic events when using an oral appliance. **Should any of these problems occur, discontinue use of the appliance and call your dentist.**

IMPORTANT NOTE: IF THE APPLIANCE IS BROKEN, DO NOT WEAR IT.

PRECAUTIONS:

IT IS ESSENTIAL TO UNDERGO SOME TYPE OF OBJECTIVE SLEEP TESTING (WITH A HOME SLEEP TESTING APPLIANCE OR AN OVERNIGHT-ATTENDED PSG (PolySomnoGram-diagnostic sleep test) TO EVALUATE HOW WELL YOUR APPLIANCE IS WORKING.

Performance may be adversely affected by: weight gain, obesity, alcohol consumption, sedative use, allergies, smoking, any cold or sickness that compromises nasal breathing, very high altitudes, increased age, hormonal changes in women such as menopause, a cold or sickness that compromises nasal breathing.

INSTRUCTIONS

Use this appliance daily during sleep. Prior to inserting the appliance, brush and floss your teeth.

WHAT TO EXPECT:

Initially, when the appliance is placed in your mouth you will, most likely, find it cumbersome.

First Night: There will be an increase in salivary flow for the first few weeks of use which will slowly subside. Some patients experience minor gagging or awkwardness swallowing, but these sensations are not permanent. After nighttime use, and removal of the appliance, you may feel that your teeth do not bite together as before. If this feeling persists for twenty minutes after removal, use the SML™ Good Morning Positioner. If there is continued discomfort, discontinue use and see your dentist.

Long Term: Contacts between teeth may be less tight. Most patients experience little if any discomfort after a few weeks of adapting to their intra-oral sleep apnea device. If there is continued discomfort, discontinue use and see your dentist.

INSERTION:

1. Insert the appliance into your mouth when going to sleep. Place the upper dental plate in your mouth and gently press it upward onto the upper arch of teeth. Gently press up with your thumbs. Make sure it is fully seated and secure – no rocking.
2. Place the lower dental plate in your mouth on your lower teeth and press down until it is securely seated.
3. While the appliance is in your mouth, DO NOT pop it in and out of your mouth with your tongue.

REMOVAL:

1. Remove the lower part of your appliance first, using your thumbs on

both sides to carefully lift it off your teeth.

2. Remove the upper dental plate by carefully (and slowly) pulling down on the metal loops by your upper molars.

NOTE: If a tooth feels sore, or you experience muscle / joint soreness, bring the appliance into your dentist for an adjustment. If the appliance breaks, DO NOT wear it. Bring it to your dentist.

CARE AND CLEANING:

- After each use, rinse your appliance in cold or lukewarm water.
- Gently brush all surfaces with a mild soap and soft toothbrush. DO NOT USE TOOTHPASTE. It will abrade the appliance.
- Once or twice a week, clean your appliance with an OAP Appliance Cleaner available from SML® (1-800-423-3270) or www.CertifiedSmile.com. Follow the manufacturers instructions.
- After cleaning, gently rinse your appliance with cool, clean water.
- Completely air-dry your appliance before storing.

DO NOT wear your appliance if it is broken.
DO NOT run or exercise with the appliance in your mouth.
DO NOT attempt to modify the appliance.
DO NOT share the appliance.
DO NOT attempt to pop the appliance in and out of your mouth with your tongue.
DO NOT bleach the appliance or soak in mouthwash or alcohol.
DO NOT place appliance in hot or boiling water or expose to excessive heat.
DO NOT use toothpaste to clean the appliance. It will abrade the appliance..

With proper care, this appliance will last years, barring any significant changes in your teeth. Inspect your appliance regularly. If you notice any chipping or cracking in the appliance, or the clasps are bent (or it seems to fit differently) see your dentist as soon as possible to repair or replace the appliance. These changes could effect its proper functioning and or safety. Consult your dentist with questions on continuing use of this appliance.