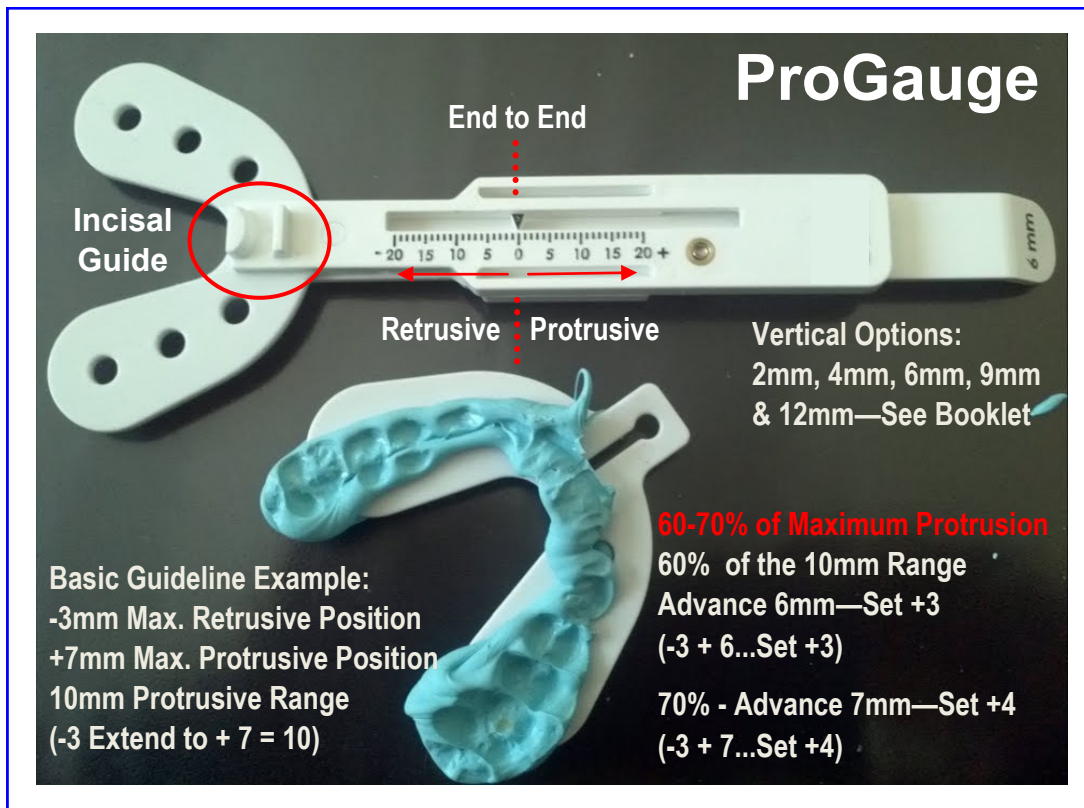


ProGauge Sleep Device Bite Tool & Guidelines



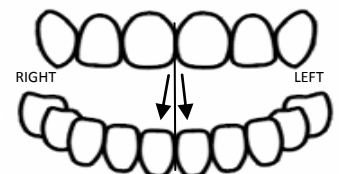
Check patient midlines in centric and have them slide into protrusive. Try to see if you can guide them with the midlines in the same alignment as in centric. A mirror is helpful. Alignment of centric and protrusive midlines is not always natural, but please note on RX.

Basic Guidelines—Determine the Patient's Maximum Protrusive Range and then Reduce to 60-70%, i.e. 10 mm Maximum Protrusion...Set Bite 6-7mm forward from the maximum retrusive bite. The ProGauge allows you to measure this and check if the patient is comfortable and if he/she can make a snoring sound or the airway seems open.

Maximum Protrusion = ___ mm; Mandible is Advanced ___ mm

Centric-Midlines are ___ On ___ Off to Right ___ mm ___ Off to Left ___ mm

In Protrusive, the Midline Position ___ Stays Aligned ___ Veers to Right ___ Veers to Left ___ mm

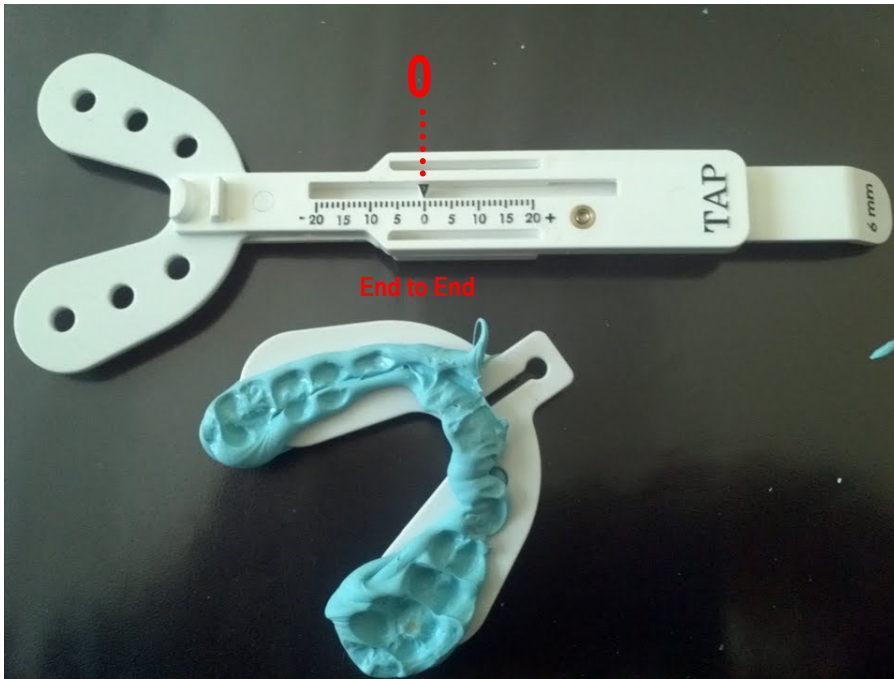


The **6mm Vertical Bite Handle** may be a good vertical for many people, but some patients are limited in their ability to bring their mandible forward and you may find by increasing the vertical dimension this can be effective in opening the airway in the throat, without as much mandibular advancement. A **9mm or 12mm Bite Handle** can be used to evaluate this. (2mm and 4mm Verticals available—see Booklet) By lying the person back in the chair, and even by sitting up or standing, and having the patient try to snore, you may hear the patient being able to make a snoring sound or hear that the airway seems open. This is not the same as when asleep and everything is relaxed and gravity takes over, but is helpful in trying to determine a good starting position.

Add Blue Mousse-type bite registration material to set the protrusive bite, (avoiding the incisal guides) making sure to extend as posteriorly as possible, so the casts will not bite rock when articulating in the lab. It may be easier to add bite registration material to the upper side of the fork first and let set and then add material to the lower, so the patient is more stable and can be guided into protrusive easier. Recheck the bite for comfort, midline position and proper protrusion of the mandible. If casts are poured, the protrusive bite can be checked against the centric bite midline position, by marking the midlines in centric and seeing how they align in protrusive. If they are off, this can effect the comfort, fit and effectiveness of the device, as well as increase the possibility of occlusal changes over time when the device is worn regularly every night.



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ProGauge Guide For End to End Bite with Various Verticals

