

# Telescopic Sleep Herbst

The **Telescopic Sleep Herbst™** is **FDA cleared** and **Medicare Cleared** for Sleep Apnea. The side hinges are set to hold your lower jaw forward during sleep, but allows the patient to open and close his/her mouth and have some side to side movement. This will help to open the airway in back of the throat, while pulling your tongue forward.

**Inserting the Herbst Sleep Device**—The Device will be inserted as one piece, placing the upper splint on the upper teeth first and then sliding the lower teeth up into the lower splint.

**ThermoFlex Hard Resin** has been used for this device and will allow some flex in the splints for easier seating and compensation for some impression defects. *It is recommended that you dip the device in Microwave water for about three seconds.* This will provide a slight flex in the material so the splints will seat easier. The patient should be encouraged to run the Herbst under hot tap water for about five seconds before inserting. This may not be necessary with continued wear.

**Check for Comfort and Even Contact** of both splints and comfortable side to side movement. 5/16" elastics and hooks are included to limit the jaw movement and minimize dislodgement of the splints. An Elastic Pack is included with the appliance. The patient can change the elastics as needed, if broken or stretched, placing new ones from the upper hooks to the lower.

**To Advance the New Herbst Hinges**- You will notice on the device and in the picture, that there are two nuts with holes. **Place the wire key into the hole of the large nut ring and turn in the direction of the arrow; Right side... Up ...and Left side... Down, until the next hole appears.....4 Turns 1/4 mm...16 turns = 1mm.** Do the same on the small nut ring. When you have turned them both equally, insert both keys into the holes, and then turn the large nut up and the small nut down to lock them. **See Photo.** Do the same on the opposite side.

**To Decrease the Position of the Mandible:** Turning the screws in the opposite direction of the arrow will decrease the extension of the lower jaw—1/16 mm per turn (16 turns = 1mm).

**The “L” Shaped Hex Wrench** is provided for periodic tightening of the Hex Screws on each end of the Herbst Hinges. Ceka Bond has been placed around the screws, so unscrewing should not normally be a concern.

**Common Side Effects** of initial wear are clenching, sore teeth, TMJ sensitivity and increased salivation, but usually resolve in ten days. If **more severe pain occurs**, the patient should contact you immediately. **After wearing the appliance all night** with his/her lower jaw held in a more forward position, his/her teeth may come together differently in the morning when it is removed and make take 15-60 minutes to return to a normal position. Having the patient massage his/her jaws, opening and closing the mouth, doing other exercises, chewing gum or an AM Aligner can help return the patient's jaw to a normal position.

**To Clean the Device**—Have the patient brush it carefully with a soft toothbrush and anti-bacterial soap. The Herbst should be left to air dry during the day with the lid of the container left open, to minimize odor. A non-alcoholic denture cleaner can be used for 15 minutes. He/she should not soak the device in water, bleach, ammonia or peroxide and should keep out of reach of dogs!

**Follow-Up Sleep Study**—If the patient has Moderate to Severe Sleep Apnea, a follow-up sleep study is standard protocol after about three months of wear and adjustments. Subjectively feeling better may not show a true picture of significantly improved sleep, without a sleep study. The follow-up sleep study will verify the effectiveness of the Oral Appliance Therapy and identify if further adjustments, modifications and combination treatment that may be needed to reduce apneas more.

