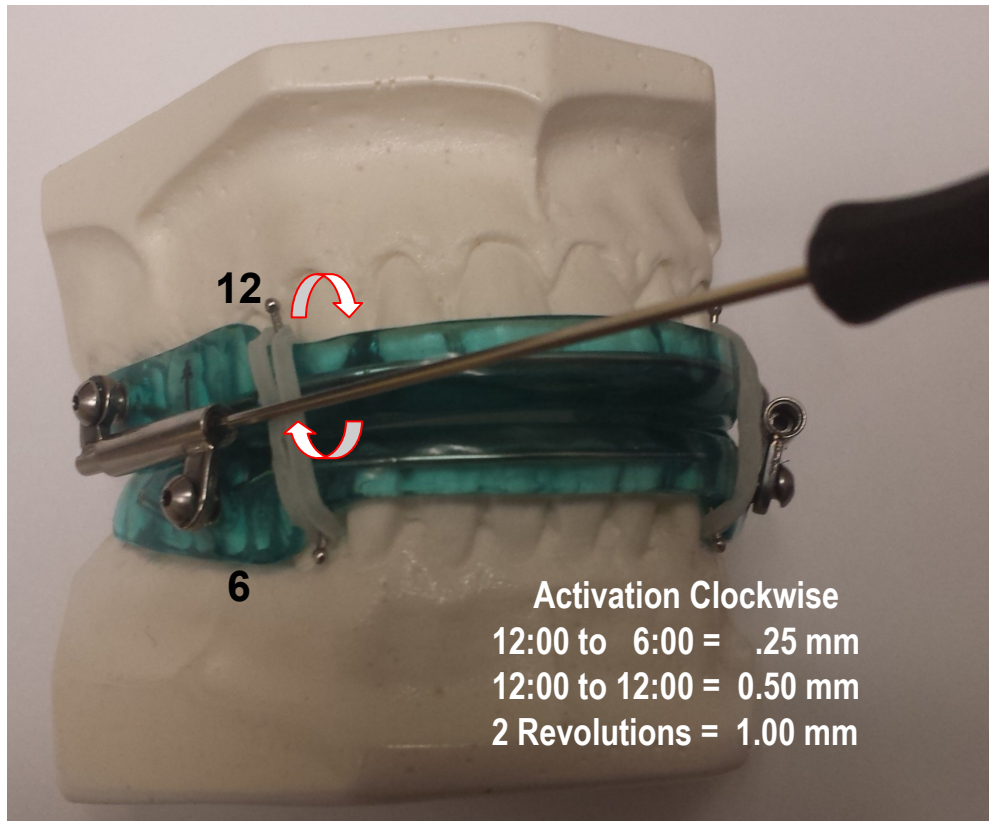


# Sleep Tech PSG Titration of the OASYS Hinge Appliance



Activation Clockwise  
 12:00 to 6:00 = .25 mm  
 12:00 to 12:00 = 0.50 mm  
 2 Revolutions = 1.00 mm

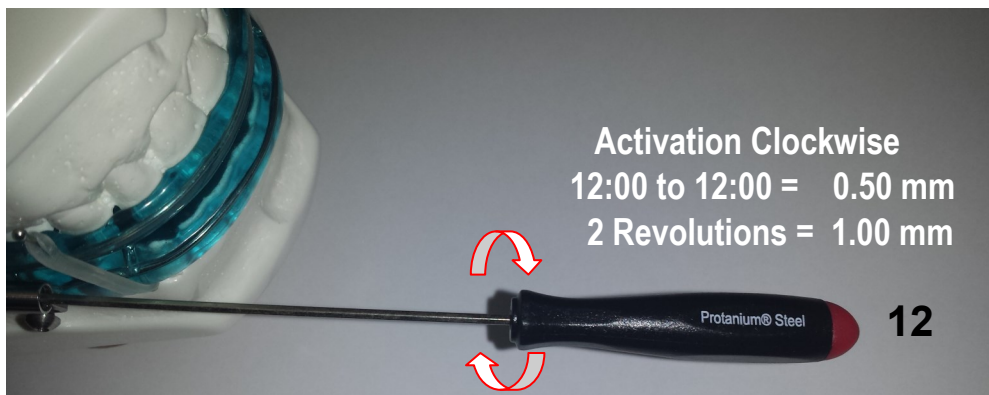
Dentist \_\_\_\_\_  
 Patient \_\_\_\_\_  
 Date \_\_\_\_\_  
 AHI / Initial PSG \_\_\_\_\_



Appliance Starting Line \_\_\_mm  
 AHI—90 Minutes \_\_\_\_\_  
 Appliance Adjusted +1mm  
 AHI— + 90 Minutes \_\_\_\_\_  
 Appliance Adjusted +1mm  
 AHI— + 90 Minutes \_\_\_\_\_  
 Notes:



Protanium Steel™ facing up for identification of a 12:00 position



Activation Clockwise  
 12:00 to 12:00 = 0.50 mm  
 2 Revolutions = 1.00 mm

**Reset to Starting Position**  
 \_\_\_ **Yes, Returned to Start Line**  
 To Reset the Hinges back to the Starting Position: Insert the Hex Driver into the Hinge Barrel. Turn the Hex Driver Counter-Clockwise - Two Full Turns for Each One mm; One Full Turn for 0.5 mm;  
 \_\_\_ **No** \_\_\_ Only Advanced 1mm  
 \_\_\_ Please Reset for Patient

The Sleep Technician should wait 90 Minutes before titrating the OASYS Hinge Appliance. Record the Starting Advancement position. If there is snoring or apnea events, the patient is awakened and alerted that an adjustment will be made to his/her appliance. The patient can lie still while the technician inserts the Hex Wrench into the Right Hinge Barrel while the appliance is in the mouth. The Hex Driver ("Protanium Steel" facing up for identification of a 12:00 position) is turned two full clockwise revolutions. Then the left side is done. (0.5mm Turns can be used as a Titration Protocol—One Full Clockwise Rotation) The patient will be allowed to return to sleep for another 90 minutes. If there is indication that more titration may be needed (AHI greater than 5 and/or loud snoring, and a Nadir of less than 90%, the patient will again be awakened and another adjustment will be made. There will be a maximum of three mm adjustments made per study. This information will be recorded and shared with the physician and dentist, for evaluation of the patient's progress, success or need for possible modified treatment. **The advancement that was made during the study should be adjusted backward to the starting line position before the study. If only 1mm advancement, notification to the dentist should be made and resetting is not necessary.**