

Your **EMA First Step** is a **Trial Device** and will allow you to experience a **Mandibular Repositioning Device** for your **Snoring / Sleep Apnea**. It is designed to bring your lower jaw forward, open the airway in the throat and help bring your tongue forward during sleep.



90 Day
Trial Device

Adjustment Straps
21,19, 17mm

When Inserting the EMA Device, place the upper splint on the upper teeth first, pressing upward on the posterior of the upper splint with your thumbs to fully seat. Then slide the lower teeth up into the lower splint and use even finger pressure on both sides of the lower splint to push down on the lower splint to fully seat. You may wish to wear the EMA device while watching TV or reading before bed, to get more comfortable with it before trying to sleep.



When Removing Your Device, place both thumb nails under the side edges of the lower splint and carefully lift. Use your index finger nails to pull down on the canine areas of the upper splint. Use Both Hands and do not attempt to remove the splints with one hand for the risk of breakage.

The Device is set with **#21 Yellow Straps**. If you are still Snoring or having apneic episodes, you can carefully remove the **#21 Straps** and replace with the **#19's**. **#17 Yellow Straps** is the next option, to advance another 2mm. If that position is too far forward, you may need to go back to a **#19 Strap**. There are other strap sizes in 1mm increments and flexibilities.

Hopefully, the improvement will be noticeable and you will choose to proceed with getting a permanent device. Remember, this is **Oral Appliance Therapy** and your dentist is trying to find a comfortable position, as well as one that improves your breathing during sleep and reduces/eliminates snoring. A **Custom EMA appliance** or other **appliance design, and/or combination approaches** is the next step in addressing your individual situation.

This is meant to be a **90 Day Trial Device** and care should be taken in wearing, removing and cleaning. Gently brush with anti-bacterial soap and store dry with the lid open on the box. This device can also be used as a backup device, if needed in the future.

NOTE: Obstructive Sleep Apnea is a serious medical condition that effects your overall health. Snoring may just be an annoying symptom. Stopping breathing and dropping your oxygen level many times during the night should be a concern. **Talk to your physician about scheduling an In-Lab or Home Sleep Test**, to verify if you are just **Snoring** or suffering from **Sleep Apnea**.



EMA Vacufrom Hard Splints



EMA ThermoFlex Splints

Strap Sizes

- 21mm
- 20mm
- 19mm
- 18mm
- 17mm
- 16mm
- 15mm
- 14mm
- 13mm

- Very Flexible
- Less Flexible
- Flexible
- Rigid

Strap Flexibilities

