



SLEEP TECH INSTRUCTIONS FOR TITRATION



Dentist _____

Patient _____

Date _____

AHI / Initial PSG _____

Appliance Starting Position # _____ Straps

AHI—90 Minutes _____

Advance Appliance # _____ Straps

AHI— +90 Minutes _____

Advance Appliance # _____ Straps

AHI— +90 Minutes _____

Advance Appliance # _____ Straps

Notes:

EMA—Elastic Mandibular Advancement Device.

1. Have the patient insert the E.M.A. device.
2. Begin the Study and Wake the Patient after 90 Minutes if more improvement is desired and have him/her remove the device.
3. Carefully, remove the straps and save.
4. Choose a set of Straps with a Lower #...i.e. #19...exchange for #18. When changing the straps, place them under hot water for easier placement onto the buttons on each side, with the **Number** facing out, the **EMA** Logo facing the tooth side. Extra care should be made with the **Clear Straps** as they are the most rigid and the hot water is extremely important.
5. Wake the Patient after 90 Minutes if more improvement is desired and have him/her remove the device. And follow above procedures for a maximum of three strap changes.
6. Record your findings and provide notes of your observations.
7. Remove the final straps used during the study and replace with the original straps

Reset to Starting Position

___ **Yes, Returned to Starting Straps**

___ **No** ___ Only Advanced 1mm from

_____ Straps to # _____ Straps.