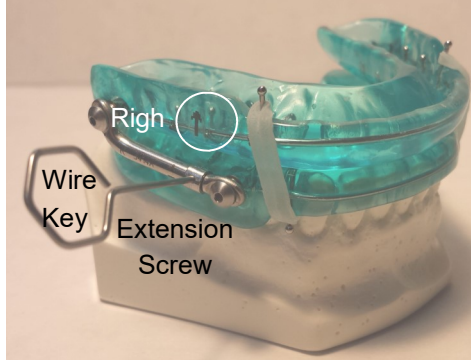


Telescopic Sleep Herbst

This device is made with ___ ThermoFlex Hard ___ Hard Acrylic ___ Erkoloc Hard Soft

(If your device is marked ThermoFlex Hard Resin it is recommended that you run your device under hot tap water for 5-10 seconds for ease of insertions. This may not be necessary over time)

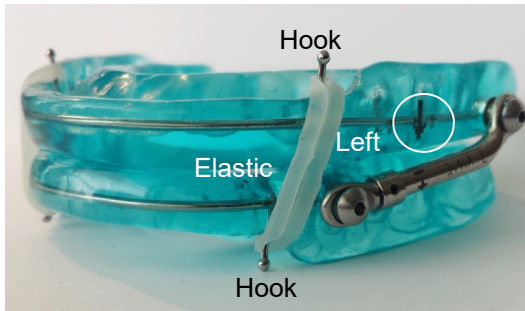


The **Telescopic Sleep Herbst™** is **FDA cleared** and **Medicare Cleared** for Sleep Apnea. The side hinges are set to hold your lower jaw forward during sleep, but allows you to open and close your mouth and have some side to side movement. This will help to open the airway in back of the throat,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

side hinges have side advancement holes and the wire key is used to turn them in 1/16 mm increments (16 Turns/+1mm). If your dentist has given you instructions on how to advance the Herbst hinges, **place the wire key into the hole and turn in the direction of the arrow; Right side... Up ...and Left side... Down**, until the next hole appears. Please only turn the side keys per your doctor's instructions. Turning the screw opposite the arrow will decrease the extension of your lower jaw 1/16 mm per turn (16 turns/-1mm). 5/16"-elastics are included to limit the jaw movement and minimize dislodgement of the splints. **Change the elastics as needed, removing the old ones and placing new ones from the upper hooks to the lower. Use the Wrench for periodic tightening of the Hex Screws on each end of the Herbst Hinges.**

Inserting Your Herbst Sleep Device—

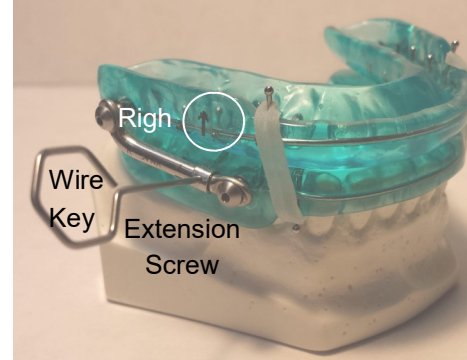
Your Device will be inserted as one piece, placing the upper splint on the upper teeth first and then sliding your lower teeth up into the lower splint. Initially, it may be beneficial to wear your device while watching TV or reading before going to bed, to get more comfortable having this device in your mouth.



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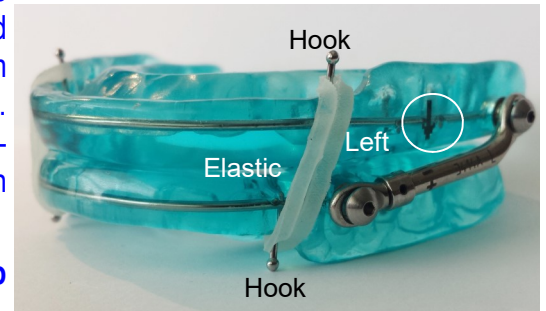


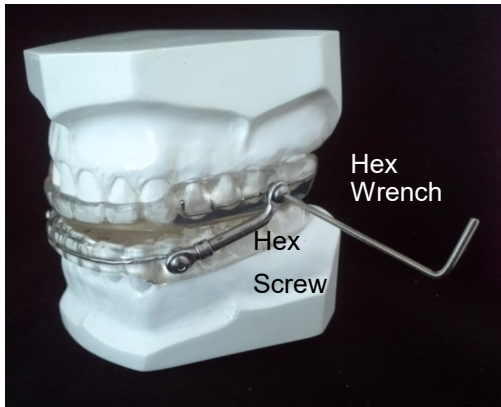
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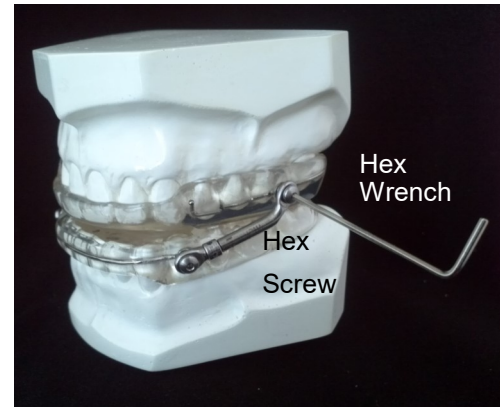
Common Side Effects of initial wear are clenching, sore teeth, TMJ sensitivity and increased salivation, but usually resolve in ten days. If **more severe pain occurs**, contact your dentist immediately. **After wearing your appliance all night** with your lower jaw in a more forward position, your teeth may come together differently in the morning when it is removed and

make take 15-60 minutes to return to a normal position. Massaging your jaws, opening and closing your mouth, doing other exercises suggested by your dentist, or chewing gum can help return your jaw to a normal position.

To Clean Your Device, brush it carefully with a soft toothbrush and anti-bacterial soap. Let your Herbst 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. Do not soak in water, bleach, ammonia or peroxide and keep out of reach of dogs!

Follow-Up Sleep Study—if you have Moderate to Severe Sleep Apnea, you will need to schedule a follow-up sleep study when you and your dentist are feeling that you are subjectively feeling better with your Herbst device. This will verify the effectiveness of the Oral Appliance Therapy and identify if further adjustments, modifications and combination treatment may be needed to reduce apneas more.

Contact your dentist with any concerns, tooth or joint pain!



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