

DO NOT BOIL; ready to use. **Eliminates the risk of burns or chemical leaching due to boiling or microwaving.** No BPA, latex, silicone or phthalates.

RINSE

Rinse with cool water for initial cleaning and lubrication before trying to adjust. **Avoid hot water.**

CHECK HOW IT FITS

Your dental guard has adjustable bite pads, which have been pre-adjusted to fit most people. Place it in your mouth and use a mirror to check how the pre-adjusted position fits before making further adjustments.

The bite pads fit between the upper and lower molars. The front edge of the bite pads should rest between the upper third tooth (cuspid) and fourth tooth (premolar) from the front midline.

The thermal band should rest between your lower lip, cheek and gums. Your body temperature will activate the thermal forming properties of the band for a more comfortable fit. (exclusive feature to SleepRight®)

(Rest teeth on bite surface only, as shown. Never bite the thermal band.)

ULTRA-Comfort®

DURA-Comfort®



ADJUST BITE PADS IF NEEDED

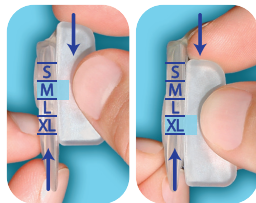


Your dental guard has 4 settings on both sides that allow you to adjust the bite pads forward for a smaller fit and backward for a larger fit, creating sizes S, M, L and XL.

(After initial adjustments, you will not need to adjust your dental guard again.)

Adjustments can easily be made by holding the bite pad firmly with one hand, while gently pushing the band towards the bite pad with the other.

Bite pads should feel tightly secured to the strap. Use water to make adjusting easier.



As you rest your teeth on the bite pads, they automatically swivel to match the angle of your bite.



Don't pull the band

HELPFUL HINTS

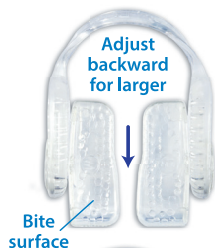
- For best results, begin wearing 30-minutes before lying down.
- Concentrate on “lips together and teeth apart” to initiate jaw muscle relaxation.
- It is natural to feel jaw muscle fatigue and soreness initially. This is normal due to the natural tendency to clench your teeth. Clenching may even cause minor headaches.

CLEANING & STORAGE

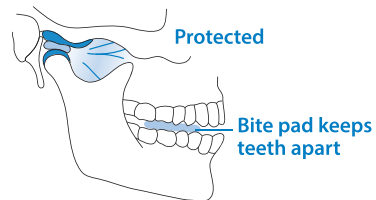
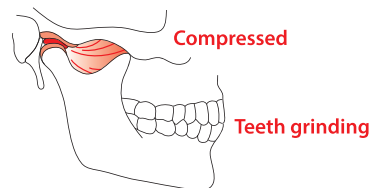
To clean your dental guard, rinse it with cool water or mouthwash. For further cleaning, brush it with a toothbrush and toothpaste. **Avoid hot water.** Dry thoroughly and store in your case. Replace your dental guard if you notice breakage or excessive yellowing.

HOW IT WORKS

Clenching and grinding teeth has been classified as a neuromuscular disorder. Overactive muscles can cause chipping, fractures, excessive wear and loosening of the teeth. The SleepRight Dental Guard's articulating bite pads, made of a hybrid resilient material, fit comfortably between your teeth and are designed to re-establish your natural freeway space. They interrupt the clenching cycle so the jaw muscles can relax. We strongly encourage our customers to concentrate on, “lips together, teeth apart” to initiate the muscle relaxation process. Your goal is to relax your jaw muscles and don't bite down!



Scan for Instructional Video



SleepRight® Innovating Health & Comfort

QUESTIONS or COMMENTS:

1-888-792-0865 Mon. - Fri. 8AM - 4:30PM CST / www.sleepright.com
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EXCHANGE / RETURN FORM

I am exchanging my dental guard for a:

- ProRx®
- Dura-Comfort®
- Ultra-Comfort®
- Select-Comfort™
- Secure-Comfort®

I am returning my dental guard for a refund.

Reason for your exchange or return:

Name _____

Address _____

Phone _____

Email _____

Yes, my receipt and dental guard are included, and my original purchase date is:

The LOT# on the bottom of my package is:



STOP GRINDING! WE CAN HELP!

If you are having problems fitting or adjusting to your dental guard, please feel free to email support@splintek.com or call **1.888.792.0865** for assistance. To gain the most success with using your dental guard, read and follow our included Self-Help Philosophy.

1-YEAR DURABILITY WARRANTY

You may exchange your dental guard through Splintek, Inc. for a replacement if you grind through it within 1-year **from the original purchase date**. Allow up to 3 weeks to receive your replacement.

30-DAY MONEY BACK GUARANTEE

You may return your dental guard to Splintek, Inc. for a refund (not including shipping) for any reason within 30 days **from the original purchase date**. Allow 30 days to receive your refund.

Please do not return your dental guard to the store from which it was purchased.

To receive your replacement or refund, simply complete and cut out the included form. Mail the form, dental guard, and dated sales receipt in protective packaging to:

**Splintek, Inc. Attn: Exchange Processing
1555 W. 108th St. Lenexa, KS 66219**

Splintek, Inc. will not honor the warranty or money back guarantee if your dental guard was purchased from an auction website, a classified website, or a third party.



INDICATIONS: SleepRight® dental guard protects teeth and dental work from clenching and grinding. **WARNING:** Do not use any dental product without first consulting your dentist. **Do not use if you are under 18 years of age.** Persons under the age of 18 must consult a doctor before use. Do not use if you have TMJ; have teeth or jaw pain; or if the dental guard or any part of the device is broken or damaged. **Do not use as an athletic mouth guard.** Before using this product, carefully read and understand all directions. Using this product other than directed may cause breakage or serious injury. Do not use for more than 12 hours in a 24 hour period. Not for use with dentures, braces or other dental appliances. **Do not use for more than 3 months from initial use without consulting your dentist.** Ask a dentist before use if you have loose fillings, loose teeth, chipped or broken teeth, loose caps or unfilled cavities; jaw clicking or pain, teeth pain, face pain; difficulty chewing; mouth sores; gum disease or bleeding gums; or serious respiratory problems. While using this product, see your dentist at least every 6 months. **Stop use and see a dentist if you develop loose teeth or a change in your bite;** experience pain or other irregularity. Stop use if it easily falls out of your mouth or causes you to gag or choke, or if you are prone to swallowing the product; you develop bleeding gums, soreness or other reaction inside your mouth. **CAUTION: As with all intra-oral devices, there are inherent risk factors associated with using them. You should proceed with extreme caution while using this product and regularly examine it, before and after each use, for any defect that may present a potential health hazard. Although uncommon, the user may gag, choke or swallow a part from this product.**

SELF-HELP PHILOSOPHY

Bruxism is a habit of unconsciously clenching and grinding your teeth. The SleepRight dental guard protects your teeth from clenching and grinding, while the self-help philosophy teaches you to break this neuromuscular habit.

Awareness



The SleepRight dental guard is designed to restore the space that exists naturally between your teeth when you are relaxed. By wearing the SleepRight dental guard 30 minutes before sleep, you will become more aware of the daily clenching and grinding you do during your routines.

Accountability

Take the initiative to break the habit of clenching and grinding by resisting the urge to bite down on the bite pads. Relax your jaw, keep your lips together, and your teeth apart while you are awake. Finding indentations on the bite pads from your teeth means you should make more of an effort to concentrate on "lips together, teeth apart".

Behavior Modification

To transition from clenching your teeth to relaxing your jaw while asleep, you must repeat the mantra "lips together, teeth apart" while awake until it is a healthy habit that no longer needs your conscious attention. Everyone's learning curve is different, so please be patient.

Not made with natural rubber latex  
This product is manufactured in an FDA inspected facility