INSTRUCTIONS
and FITTING GUIDE

Read Carefully Before Use
Use Only as Directed

Discover the proven PureSleep® Solution—tonight!
puresleep.com
Most snoring is caused by a partial obstruction of the upper airway (the region behind the tongue). When we’re awake, that airway is open, allowing unobstructed breathing.

But when we are asleep, those muscles relax, and the airway can become narrower. For most people who snore, air rushing through the narrowed opening causes surrounding soft tissue in the airway to vibrate, making the familiar sound of snoring.

Proven PureSleep® is as easy to use as a dental retainer.
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Did you know...

In the U.S. alone, more than 23% of married couples report that they sleep separately because of interrupted sleep, with snoring being the most common problem.
The principle of PureSleep® is simple: it moves your lower jaw forward, opening the airway enough so that air moves through unobstructed, reducing the vibration.
WARNING: DO NOT USE IF:

• You are under 18 years of age
• You have been diagnosed with central sleep apnea
• You have chronic asthma, emphysema, or any other serious breathing or respiratory disorder, unless your physician has specifically advised you that you may use PureSleep®
• You have loose teeth, an abscess, mouth sores, bleeding gums or severe gum disease
• You have had a dental implant within the last 3 months
• You have been diagnosed with a temporomandibular joint (TMJ) condition, unless your dentist or physician has specifically advised you that you may use PureSleep®
• You are experiencing mouth or jaw pain because of tooth clenching, grinding or you have other tooth or jaw pain
• You have full dentures, braces or sleep using another dental appliance

ASK A DENTIST BEFORE USE IF YOU HAVE:

• Sore or stiff muscles around your jaw
• Frequent headaches, neck aches, face pain or pain that worsens when you clench your teeth
• Jaw clicking, popping, grating, or locking when you open your mouth
• Difficulty or pain when you open your mouth, eat or yawn
• A bite that meets in different places from time to time
• Loose fillings or caps

Unless otherwise directed by a physician or dentist, PureSleep® should only be used to reduce snoring.
Prepare for fitting

1. **Brush your teeth.** Clean teeth mean that food particles won’t be trapped in the device during fitting. If you have partial dentures, remove them.

2. **Determine what type of bite you have.**
   - If your upper front teeth slightly overlap your lower front teeth, that is a typical bite. Use the TYPICAL BITE setting.
   - If your upper front teeth meet evenly with or slightly behind your lower front teeth, use the MILD UNDERBITE setting.
   - If your upper front teeth are much farther behind your lower front teeth, use the SEVERE UNDERBITE setting.
   - If your upper front teeth are much farther forward of your lower front teeth, use the OVERBITE setting.

3. **Attach the upper and lower parts of the PureSleep® device in the setting that is best for you.** The upper and lower components of PureSleep® are designed to fit together. The top component has two plastic “teeth” that extend from the front of the unit. You will also see plastic pins, which fit into holes in the bottom component in three possible positions, as shown on the next page.
**TYPICAL BITE**
- Use the two holes closest to the front of the device

**MILD UNDERBITE**
- Use the center two holes

**SEVERE UNDERBITE**
- Use the two holes closest to the back

**OVERBITE**
- Use the two center holes and flip the device over so the top component is now on the bottom
Helpful hints, important tips

HERE’S WHAT YOU WILL NEED:

• a medium size pot for heating 1-2 quarts of water
• a spatula, preferably slotted
• a timer that counts seconds
• a toothbrush and toothpaste
• cuticle scissors
• a towel

PREVIEW OF THE FITTING PROCESS:
A timer to count seconds is critical to your success in fitting PureSleep®. Here’s how it’s going to work...

• You will be heating the device in water at a low boil for 2 minutes.

• Then you’ll remove PureSleep® from the water and wait 15 seconds for the device to cool.

• While holding your jaw forward, you must bite down hard to make an impression of your teeth in the softened plastic. You’ll be holding that position for 30 seconds.

Call the PureSleep Helpline at (866) 879-3777 if you have any questions about fitting.
Common mistakes to avoid...

There are several important details that can make a big difference when fitting PureSleep®. Here are the most common mistakes and how to avoid them:

• If you don’t wait **15 seconds** after removing PureSleep® from the hot water you can burn your mouth, but if you wait longer, the soft plastic will begin to harden, and you won’t get a deep enough impression of your teeth.

• Most people naturally move their lower jaw backward when they bite down. However, doing this will result in an improper fit, so you must resist this tendency. To ensure a proper fit, continue to hold your lower jaw forward while biting down.

• Don’t be afraid to **bite down firmly**. A deep impression will provide greater comfort and effectiveness.

You are now ready to fit PureSleep®

Did you know...

according to a recent U.S. National Sleep Foundation study, among respondents who have a partner who snores, 38% mentioned having relationship problems due to sleep issues.
How to custom fit your PureSleep®
Read all instructions before fitting.

1. Bring one to two quarts of water in a medium size pot to a low boil. Do not leave boiling water unattended.

2. Heat PureSleep®. Using the spatula, slowly lower PureSleep® into the pot of hot water for 2 minutes. Avoid unnecessary movement, which can cause the two components to separate. If this happens, let the device cool for one minute and repeat this step.

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3. **Fit PureSleep® to your mouth.** Hold the device out of the water with the spatula for **15 seconds**. Then as quickly as possible, do the following:

- Thrust your jaw forward as far as you comfortably can
- Place PureSleep® in your mouth
- While holding your jaw forward, **bite down very firmly**

**Important Note:** Most people naturally move their lower jaw backward when they bite down. However, doing this will result in an improper fit, so you must resist this tendency.

4. **Hold this position for 30 seconds.** Then remove PureSleep® from your mouth, and place it under cool running tap water.

⚠️ It’s normal for your teeth and gums to feel very warm during this process. If it gets too uncomfortable, remove and replace your PureSleep® device as desired.
5. **Trim away excess material for greater comfort.** Now that you have fitted PureSleep®, you may notice that some of the soft plastic at the back of the device has been fused or melted together. This is normal and holds the two pieces together.

However, excess soft plastic may have been displaced or created peaks during fitting. This could bother your tongue or cause irritation. Hold PureSleep® with a towel, and carefully cut away any excess material using cuticle scissors.

6. **PureSleep® works best if you have made a deep impression of your teeth in the soft plastic.** If you think you didn’t make the best possible impression of your teeth, simply repeat fitting steps 1 though 5. Try to avoid repeating these steps more than three times as it may weaken the PureSleep® device.
Before you use PureSleep®...

- Brush your teeth
- Remove partial dentures
- PureSleep® has been specifically prescribed to you and custom fitted to your mouth. You should not let anyone else use your PureSleep® device
- PureSleep® works best if you sleep on your side or stomach
- At first, some people have trouble sleeping with PureSleep® and some may even experience excess salivation or a slight “gagging” response. If this happens to you, make sure you have trimmed away any excess soft plastic, as described earlier. Also by placing PureSleep® in your mouth well in advance of going to bed, you can get used to it before going to sleep.
- If you wake up in the middle of the night and are bothered by the device, just take it out and go back to sleep. Each night, you should be able to sleep longer with the device, and in just a few nights, you should be sleeping snorelessly the entire night!
What to expect the next morning...

It’s normal for your jaw, teeth, and gums to feel moderately sore and fatigued for up to the first five days as you acclimate to the new position during sleep. Also, if you don’t use PureSleep® for several days, you may need to “re-acclimate.” If your discomfort persists for more than five days, discontinue use and contact customer service at (866) 879-3777.

Caution: It is not normal to experience severe, sharp pain or for your jaw to suddenly become more limited in its mobility. These symptoms may be an indication of a serious problem with the main joint of your jaw, the temporomandibular joint (TMJ). Additional symptoms of a TMJ condition include clicking or popping sounds when moving your jaw. If you experience these symptoms or believe that you may have a TMJ condition, discontinue use immediately and contact The Pure Sleep Company for a refund per the terms of the PureSleep® 30 day money-back guarantee. If these symptoms continue, or if you experience ongoing pain in your teeth or gums, contact your dentist. If your snoring becomes worse or you have difficulty breathing with or without PureSleep®, discontinue use and contact your physician. Use may cause: tooth movement, bite change, gum or tooth soreness, jaw soreness or pain, oral breathing obstruction and excessive salivation. Keep out of reach of children.
Getting used to the forward position

Each morning, your jaw will tend to stay in a “forward” position after PureSleep® is removed because the muscles in your jaw have become used to this position during the night. This is normal. Your jaw should return to its normal position shortly after removing PureSleep®.

You can also shorten this time by performing a simple “jaw stretching” exercise. Gently push your jaw backward while relaxing the muscles in your jaw and holding this position for about a minute.

Caution: If your jaw does not return to its normal position, or if you experience problematic tooth movement, discontinue use and contact The Pure Sleep Company. Contact your dentist or physician if symptoms persist.

Morning exercise: Gently push your jaw backward, relax your muscles and hold for about a minute.
Taking care of PureSleep®

- Store PureSleep® in a cool, dry place.
- Periodically, clean PureSleep® with a toothbrush and toothpaste, or soak in water with effervescent oral device cleaning tablets.
- Do not use harsh chemicals or household cleaning products like bleach or ammonia.

Rx only
Individual results may vary
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Questions? Call 866-879-3777
Monday through Friday
8:30AM -10:00PM Eastern Time