3DS CONNECT USER INSTRUCTIONS

The 3DS Connect oral appliance has been specially designed and customised for your treatment.

Please take a few moments to read these instructions to help you fit, adjust, and care for your appliance correctly.

Following these steps will help ensure comfort, optimise your treatment results, and keep your 3DS Connect appliance functioning well for as long as possible.

HOW TO CARE FOR YOUR 3D SLEEP DEVICE:

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Getting the best results from your oral appliance:

Your new 3DS Connect device is made from 3D-printed vapour-polished nylon designed using advanced technology to treat snoring and/or obstructive sleep apnoea. This flyer covers all aspects of using your oral appliance, including how to make adjustments to achieve the best possible results.

Benefits:

- **Reduced snoring** – you may notice substantial improvement from the first night of using the appliance. However, for most people, snoring may persist until the appliance is gradually adjusted and the jaw is brought forward to the correct position.
- **Better sleep, more energy** – once your jaw is in the correct forward position, several nights of good quality sleep may be needed to overcome any 'sleep debt' before you feel fully refreshed. Improvements often continue over several weeks.
- **Breathing** – Gasping, choking, and pauses during sleep should decrease as breathing becomes more stable and less disturbed, if this has been a problem in the past.
- **Teeth Protection** - Your appliance also shields your teeth from damage caused by clenching and grinding, which are often linked to obstructive sleep apnoea.

Adapting to your appliance:

Your mouth is highly sensitive, so the appliance may feel intrusive at first.

- If you wake during the night and wish to take your appliance out, feel free to do so.
- Don't push yourself to sleep all night with the appliance. If you get an hour or two of sleep using the appliance on the first night, that's a good start.
- Some people build up use of the appliance over the first week until it feels comfortable and can be worn all night. The more hours you use the appliance, the easier it gets.
- Most adapt to the appliance within a week or two.

Temporary side-effects:

Increased saliva

In the first week or two, you may notice an increase in saliva (as the brain reacts as if the device is food). This is a normal response and will diminish with continued use.

Jaw discomfort

Follow the instructions given for adjusting the appliance forward. However, stop making adjustments if there is persistent tooth or jaw pain. Jaw pain can occasionally develop within the first week or two of receiving an appliance. This can be a result of excessive clenching or bringing the jaw forward a little too quickly. Studies show that many people clench excessively during sleep in the initial period of wearing a new appliance.

Once you adapt to the appliance, this should revert to normal. But there is the potential for jaw and muscle pain during this initial period.

You may need to leave the appliance out for a few days and reintroduce it in a further 'back' position. After this, start re-adjusting the appliance forward, at a slower rate, as advised by your clinician.

Occasionally a short course of anti-inflammatory medication may be required. While jaw joint problems may occur during the first few weeks of using an appliance, it usually does not recur after the initial period of use.

Tooth discomfort

You may experience some minor discomfort initially when you wake up, which mostly diminishes over the next few days as you adapt to the appliance. If pain or discomfort is significant, and persists, stop using the appliance and call the clinic immediately, as a simple adjustment may fix the issue.

Removal during sleep

Sometimes, people wake up to find their appliance out of their mouth and lying nearby. This is usually not due to a loose fit. In the first few

weeks of wearing a splint, some individuals may unconsciously remove it while asleep. Fortunately, this habit typically stops once you've adapted to wearing it.

Temporary change to the bite:

When you first remove your appliance in the morning, the bite (the way the upper and lower teeth fit together) may take up to 20 minutes to return to its usual position. This is usually a temporary side-effect and can be significantly helped using a morning aligner which may be given to you at the fitting appointment. Alternatively, chew a piece of sugarless gum for 5-10 minutes, or until your back teeth get back in contact.

Follow-up dentist consultation:

A follow-up consultation with your dentist may be needed after being fitted with your appliance. Take your appliance with you to quickly rectify any problems that may develop and become more difficult to rectify in the future.

Sleep physician consultation:

If you have been diagnosed with obstructive sleep apnoea, the first stage in using an oral appliance is to overcome any signs and symptoms you may have such as snoring, tiredness, and disturbances in breathing while asleep. When this is achieved you may be referred to a sleep physician for an assessment and possible follow up sleep study while using your appliance, to objectively assess the improvement in your obstructive sleep apnoea.

Future dental appointments:

If you need additional dental work in the future, please take your appliance to your dental appointment so your dentist can ensure, new fillings are adjusted factoring in the appliance, and the overall fit of the appliance is not impacted. Sometimes a simple adjustment to the appliance may be required.

How to use your Morning Aligner:

Your dentist may have fitted you with a morning aligner which helps counteract the prolonged forward positioning of your lower jaw during the night. It may help reduce some of the common side effects associated with wearing a sleep appliance.

- Remove your sleep appliance in the morning.
- Wait approximately 5 to 15 minutes to allow your jaw to settle before using the morning aligner. Do not use it immediately.
- Insert the morning aligner and gently close your teeth fully into it.
- Keep biting into this position until your teeth feel aligned and in usual contact, usually 3 to 4 minutes, although this may take longer.

Diligent and regular use of the Morning Aligner may help prevent future bite changes.

Jaw exercises:

If your bite takes more than 20 minutes to return to normal you may do the following exercises (in addition to chewing gum and using the Morning Aligner) to help reposition your jaw.

Exercise 1.

a. Slide your jaw as far forward and as far back as possible, holding each position for 5 seconds.

b. Finish by clenching down on the back teeth with your jaw as far back as possible for 15 seconds.

Exercise 2.

a. Open your jaw as wide as possible and then close it.

b. Open your jaw, slide to the left, then move it in a circular motion back to the closed position. Then, gently squeeze your back teeth together with your jaw positioned as far back as possible.

c. Repeat step b, but now to the right.

d. Repeat twice. If your bite changes persist through the day, call your dentist right away.

Maintenance and home care:

1. Always clean your teeth before fitting the appliance in your mouth.
2. Clean the appliance after removal in the morning with your 3D Sleep brush (or a toothbrush) and the 3D Sleep daily cleaner. For weekly maintenance, we recommend using denture cleaning tablets in cold water to keep your appliance fresh and stain free for around 20 minutes for a deep clean.
3. When storing the appliance, leave the container open to help minimise bacterial growth.
4. Do not expose the appliance to excessive heat, including direct sunlight, to avoid causing distortion.

(P.S. Beware of dogs - they love to chew oral appliances!)

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Adjusting your appliance:

Adjusting your appliance helps bring your jaw forward, thereby opening the airway at the back of the throat which improves breathing. The aim is to find the jaws' sweet spot, a position that can vary from patient to patient.

Generally, the appliance is set at 50-70% of the maximum forward position of the lower jaw. For some, this is sufficient to achieve the desired results. However, for most, the jaw is slowly moved forward over several weeks, to around 70-85%, allowing you to adapt easily to the appliance while minimising potential side-effects.

How do you know when to stop adjusting your appliance?

a. If you snore and also have obstructive sleep apnoea:

It's possible to no longer snore and yet still have a degree of obstructive sleep apnoea. Continue the adjustments until you are waking up feeling more refreshed, not sleepy during the day, and no breathing disturbances. For mild to moderate obstructive sleep apnoea, the aim is to bring the jaw to the minimum forward position that works; for severe obstructive sleep apnoea, the aim will be to adjust the appliance to bring the jaw to the maximum forward position that is still comfortable.

b. If you snore but don't have obstructive sleep apnoea:

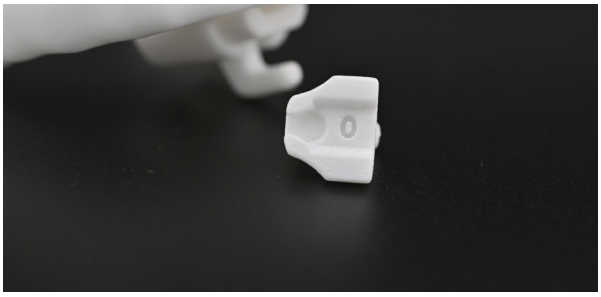
If you are using your appliance just for snoring, only make an adjustment forward if snoring remains at an unacceptable level. Stop adjusting once snoring is reduced to a comfortable level. In many cases, an 80% improvement is enough without further advancement.

Using the adjustment hooks:

- Adjustment hooks are provided. These are numbered from 0 to 5 (printed on the inside surface).
- The hook that comes with the device when it is fitted is 0 (printed on the inside surface).
- No. 1 advances the jaw by 1mm, No. 2 by 2mm, and so on. Higher-numbered tabs are available for further advancement if needed.
- If you are going to change the hook, we recommend doing so at the rate of one tab every 1-2 weeks.

A. As advised by your dentist, use the tool to lever out the first hook.

B. The initial hook will have the number 0 printed on the inside surface.



C. Choose, and fit the next hook based on your instructions.

Important notes:

- Once the optimal jaw position is set, your appliance may not need further adjustment.
- Snoring and obstructive sleep apnoea can worsen occasionally due to factors like colds, excessive alcohol, lack of sleep, or weight gain. Your dentist may advise you to adjust the appliance, bringing the jaw further forward.
- Once these issues subside, consider adjusting the appliance back to the previous position.