

A BEFORE YOU BEGIN

- 1) Read and follow instructions before and during fitting to your **UPPER** teeth for the best fit.
- 2) **VIEW VIDEO** on how to fit your dental guard by scanning code on your smart phone or by visiting sleepright.com/prorx-instructions



B FITTING FEATURES

- 1) Look at your dental guard and find the unique fitting features that will help you get a good fit.

CENTERING ARROW

Helps center the guard left to right

FRONT STOP

Indicates where to position teeth front to back

MOLAR GUIDES

Fits the occlusal groove of your upper molars and centers them on the guard



C WHAT YOU WILL NEED

- Small microwavable bowl
Tip: For best results use a non-white, clear glass bowl.
- Mirror
- 1/2 cup water
- Microwave
- Timer
- Metal fork

Tip: If you don't have a microwave, heat the water on high using a stove top for 1 1/2 minutes until small bubbles form at the bottom of the pot. Use a meat thermometer to ensure the water is 150°F. Pour the water into the small bowl.

D PRACTICE FITTING

- 1) Practice fitting the dental guard to your **UPPER** teeth before heating and forming.
- 2) While looking in a **mirror**, place the dental guard in your mouth and align the **CENTERING ARROW** with the middle of your two front teeth.
- 3) Once in place, lightly bite down and feel the **MOLAR GUIDES** engage with your upper molars.



E HEATING

Do not microwave or boil the dental guard.

- 1) Fill the small bowl with **1/2 cup** of water.
- 2) Microwave on HIGH for **60 seconds** until water is 150°F. Microwave ovens vary
- 3) **Immediately** remove the bowl from microwave and submerge the dental guard in the hot water for about **40 seconds**.

Tip: If it floats, use the fork to push it down under water.

- 4) The guard is ready when the outer edges turn clear and the white internal core is visible.

Tip: If the outer edges do not turn clear after 1 minute, the water is not hot enough.

- 5) **Immediately** remove the dental guard from the bowl using a metal fork by scooping under the front section. Do not let the guard fold onto itself.



F FORMING

- 1) While looking in a **mirror**, use two hands to place the guard under your **UPPER** teeth, while centering your front teeth behind the **FRONT STOP**.
- 3) **Use your index fingers and thumbs to press and pinch the material on the front and back of every tooth.** Use your thumbs to press the material on your molars. Press firmly, but not too hard.
- 3) Close your lips and create a suction to help form the material to your teeth. Hold the guard in your mouth for **4 minutes** before removing.
- 4) Your formed guard may not cover all your teeth evenly and may appear bumpy. This is normal.



DID YOU GET A GOOD FIT?

- If there is an area of the guard that needs to be trimmed for added comfort, you may trim it using kitchen shears.
- It is normal for your dental guard to feel slightly loose while removing it after the initial fit. It will tighten up after 24-hours.
- If you find that your dental guard fits too tightly upon reinserting it after 24-hours, rinse it with hot tap water to allow it to relax for a more comfortable fit.
- If you are not satisfied with the initial fit, you can repeat steps **E** and **F**. If you were unable to achieve a good fit the second time, email support@splintek.com or call **1.888.792.0865** to speak with a trained dental guard consultant.

CLEANING & STORAGE

- To clean your dental guard, rinse it with cool water or mouthwash (do not soak).
- For further cleaning, brush it with a toothbrush and toothpaste. **Avoid hot water.**
- Dry thoroughly and return to your storage case. Store at room temperature.

HIGHEST BITE PAD QUALITY

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 ProRx Custom Dental Guard is designed to mold to the upper teeth for a custom, ultra-thin, clinical fit to protect against bruxism (nighttime teeth grinding and clenching). The patent-pending, durable core makes the ProRx Dental Guard last 10x longer than the leading competitor, based on laboratory data. SleepRight tests its new and leading innovation in a state-of-the-art research facility so you can have the highest quality and most durable dental guard available.



Not made with natural rubber latex.
This product is manufactured in an FDA inspected facility
and is GMP certified.

<https://sleepright.online>



THANK YOU FOR YOUR PURCHASE

INDICATIONS: The SleepRight® ProRx® Custom Dental Guard is indicated for the protection against bruxism or nighttime teeth grinding. It is intended to reduce damage to the teeth and to prevent the noise associated with bruxing or grinding.

WARNING: Before first use, read the instructions and safety precautions. Failure to follow these instructions and precautions can result in serious injury or breakage. Regularly examine this product before and after each use for any condition that may create a potential health hazard. **Do not use if you are under 18 years of age;** have TMJ; have teeth or jaw pain; or if the night guard is broken or damaged. **Do not use as an athletic mouth guard.** Do not use for more than 12 hours in a 24-hour period. Not for use with dental implants, 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 caps, loose teeth, chipped or broken teeth, or unfilled cavities; jaw clicking or pain, teeth pain, face pain; difficulty chewing; mouth sores; gum disease or bleeding gums; or serious respiratory problems. **Stop use and see a dentist if you develop loose teeth or a change in your bite;** experience pain or other irregularity; the product easily falls out of your mouth or causes you to gag or choke; you develop bleeding gums, soreness or other reaction inside your mouth. While using this product, see your dentist at least every 6 months.