

Somni SNORE GUARD

CLINICALLY TESTED

DESIGNED BY DENTAL SURGEON

STOPS SNORING

- SNORE GUARD has brought proven relief to more than 76% of chronic snorers in clinical trials.
- SNORE GUARD is unobtrusive, safe and comfortable.

HOW SNORE GUARD WORKS:

SNORE GUARD is worn at night like a gum guard. By preventing breathing through the mouth, the vibrations which give rise to snoring are eliminated.

ADDITIONAL HINTS FOR SNORERS

- Lose excess body weight
- Avoid large meals before sleep
- Avoid excessive alcohol intake
- Avoid sleeping on back

IMPORTANT

If you suffer from Obstructive Sleep Apnoea or have a severe heart condition consult your doctor before using SNORE GUARD.

RSA PROV. PATENT 91/8802

FITTING INSTRUCTIONS

- Follow instructions meticulously.
 - Work in front of a mirror.
1. Practice placing SNORE GUARD in mouth with arrow between the upper front teeth. The holes are in the lower half of the device.
 2. Heat a bowl of water to 65°C (140°F). You can achieve this by mixing one cup of cold water to two cups of boiling water. Place SNORE GUARD in bowl of heated water for ONE MINUTE to soften.
 3. When soft, IMMEDIATELY place in mouth ensuring correct positioning.
 4. Gently clench tag between teeth and close lips. To mould SNORE GUARD suck with mouth closed, and press tag with tongue onto roof of mouth. Maintain for ONE minute.
 5. Rinse under cold water and return to mouth to check fit. If necessary, repeat moulding process for the whole device or in areas of poor fit.
 6. When correctly fitted the lips should close comfortably. If necessary trim edges of SNORE GUARD. DO NOT OVERTRIM. A slight sensation of pressure from SNORE GUARD is normal.
 7. Smooth any sharp edges with emery paper.
 8. SNORE GUARD is ready for use.

USING SNORE GUARD

- Clear nasal passages before sleep.
- Simply place SNORE GUARD in mouth.
- Rinse after use.

REMEMBER

- Allow several nights for mouth to adjust to the presence of SNORE GUARD.
- Replace every 6 - 9 months.

TROUBLESHOOTING

Uncomfortable/feels too big - check fit and size, remould/trim edges.

Spitting out or removing in sleep - check fit and size and clear nose.

Comfortable but spitting out - doing fine, give it some time.

Cannot breathe through nose only - clear nose/consult ENT SURGEON.

Snoring through nose with SNORE GUARD - clear nose/consult ENT specialist.