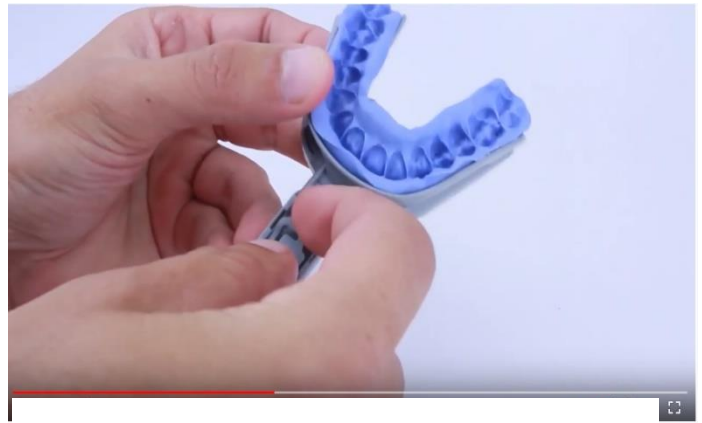




# Instructional Videos



**Training Video** - provides detailed instructions for fitting an appliance and troubleshooting fitting mistakes (12:30 minutes)



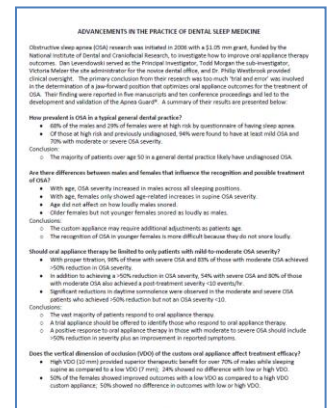
**Patient Advancement Video** - explains how to adjust Apnea Guard protrusion to improve efficacy and reduce initial side effects (1:40 minutes)

Click on the thumbnail to play the video

# Scientific Evidence



**2019 Clinical Research and Clinical Excellence Award Recipient**



- Apnea Guard provides similar treatment efficacy as the custom oral appliance
- Target protrusion was within 1 mm of the optimally titrated custom protrusion in 80% of the patients


Links to all Apnea Guard peer-reviewed papers and conference proceedings

Summary of evidence reported in five manuscripts and 10 conference proceedings as a result of \$1.05 mm in National Institute of Health grants to investigate how to improve oral appliance therapy outcomes.

Click on the thumbnail to download the document

# Patient Instructions

**Apnea Guard® Patient Instructions**



- Indications for Use:** The Apnea Guard is a mandibular repositioning device intended to reduce or alleviate snoring and mild to moderate obstructive sleep apnea in patients 18 years and older. The Apnea Guard is intended to be fitted with the assistance of a health care professional and used during sleep for less than 30 nights.
- Apnea Guard should **not** be worn if you have: less than 8 upper and 8 lower teeth, an infected, loose or broken tooth, a temporary tooth, filling or crown or acute temporomandibular joint (TMJ) pain;
- Apnea Guard should not be adjusted without assistance or after additional instruction;
- Apnea Guard should be rinsed with cold water after each use to extend its useful life.

**LONG APNEA GUARD DENTAL HISTORY AND PATIENT CONSENT**

Patient name: \_\_\_\_\_

If you answer YES to any of the Questions below, you should have the Apnea Guard fitted by a dentist.

- A broken tooth/teeth** \_\_\_\_\_ YES | No  
Note: A broken tooth may have caused discomfort when exposed to air or hot or cold food.
- An infected tooth/teeth** \_\_\_\_\_ YES | No  
Note: An infected tooth will likely cause continuous rhinorrhea pain?
- A loose tooth/teeth** \_\_\_\_\_ YES | No  
Note: Have you had a recent accident that loosened a tooth? Are you currently under a dentist's care for active gum disease or do your gums bleed regularly when you brush your teeth?
- Less than eight (8) good Upper teeth** \_\_\_\_\_ YES | No  
Note: Do not count broken, infected and loose teeth, or removable or fixed dentures.
- Less than eight (8) good Lower teeth** \_\_\_\_\_ YES | No  
Note: Do not count broken, infected and loose teeth, or removable or fixed dentures.
- Wearing a temporary filling or crown** \_\_\_\_\_ YES | No  
Note: Are you waiting for completion of treatment and have been warned by your dentist to avoid chewing hard or sticky foods with the temporary filling?
- Current TMJ (Temporomandibular Joint) pain** \_\_\_\_\_ YES | No  
Note: Have you had active TMJ pain in the last two years?

Based on my dental history, I choose NOT to have the Apnea Guard fitted by a dentist. I consider myself a candidate for self-fitting with assistance of a non-dentist. I have read the Apnea Guard Patient Instructions. The instructions listed possible side effects and informed me when I should notify my physician of complications, and when to stop wearing the Apnea Guard. I understand the Apnea Guard should only be worn for up to 30-nights, and that one beyond 30-nights may cause complications for which I will be responsible.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

For Fitting Use Only  
Sex: Male | Female  
Tongue Size: Normal | Large  
Apnea Guard Size: 1 | 2 | 3 | 4

**Advancing the Apnea Guard**

Please follow these steps to advance the Apnea Guard 1 mm at a time (i.e., from 12 to 13) and/or watch this 2-minute video (link is [https://youtu.be/p\\_xJWqjM20E](https://youtu.be/p_xJWqjM20E)).



- Remove the Apnea Guard cover.
- Lift up the edge to remove the lock with your index finger.
- Rotate the lock to the opposite end of the lock.
- Align the lock for the lock with the screw pointing left for an even number and right for an odd numbered setting.
- Confirm the number is correctly set, the lock is engaged, and replace the cover.

**Patient Instructions** - Explains limitations of use (e.g., up to 30-nights, 8 upper and lower teeth, etc.), possible side effects, when to notify the clinician and when to stop wearing the appliance.

**Dental History and Patient Consent** - Obtains responses to questions needed to determine if the patient should be fitted by a dentist or is appropriate for self-fitting with assistance of a trained healthcare professional. Local laws may further restrict who is allowed to fit the Apnea Guard.

**Patient Instructions for Advancing the Apnea Guard** – Simple one-half instructions to remind patient’s how to adjust the protrusion, laid out for two-up printing.

Click on the thumbnail to download the document

# Video References



3-min interview describes recommended use for temporarily post-surgical OSA management



6-min video interview described use of the Apnea Guard in a dental practice



6-min video highlighting key features of the Apnea Guard

Click on the thumbnail to play the video