

**Thank you for purchasing the SleepTight Mouthpiece (STZ).** During sleep the SleepTight Mouthpiece holds your jaw gently forward to improve snoring. The Mouthpiece has a fully open front airway which allows the tongue to be passively retained to improve snoring and sleep breathing.

*The SleepTight could be the solution that both you and your sleep partner have been waiting for!*

## Important Information

### Fitting Tips—How to Make It Work

Please follow exactly the fitting instructions on the next page. Watch the entire fitting video to get the best result in the YouTube section on our website [SleepTightMouthpiece.com](http://SleepTightMouthpiece.com).

### How to Find the Right Jaw Position— The Magic Spot

The STZ has been designed with a preset jaw advancement to help your snoring right away. You should use the STZ for 3-7 days to determine its benefit. For many people no further adjustments are needed.

However, if you are comfortable and want more snoring improvement, you can repeat the molding process and move your jaw a little more forward to find your Magic Spot. Use the same fitting handle and follow the original instructions then move your jaw a little forward in the molding step. Note: Gradually increasing the forward jaw location makes the entire process more comfortable with fewer side effects. You don't have to get it right immediately, because you can refit the STZ several times. The STZ allows for lower jaw advancement up to 6mm, possibly more depending on your anatomy. Just take a relaxed attitude and repeat the molding process until you feel you have it right.

The FAQs provide further detail on how to get the most from your STZ, pictures of a properly fitted STZ, international and US ordering, billing answers, return protocol, and professional and technical answers. <https://www.sleeptightmouthpiece.com/faqs>

### What to expect in the first few weeks?

It can take anywhere from a few days to couple of weeks to get used to wearing a mouthpiece. Often, people wear the SleepTight for short periods during the day while they get used to it. Some may experience discomfort in the front teeth or jaw during the settling in period. This is normal and usually disappears shortly after removing the mouthpiece. Typically, over time these problems resolve on their own and the device will feel more comfortable. However, if you believe the problem is serious, stop using the product and contact your dentist, or medical professional.



## Dentist Designed

The STZ was invented and designed by a US dentist and mouthguard engineer from the UK. The STZ has a stiffer external shell and it is expected to have a longer service life and not readily deform like other snoring devices. The STZ has a smooth surface finish and is less bulky making it more comfortable while sleeping. The fitting process is simplified because there is a preset advancement and the soft thermo-plastic core improves the fit and retention. Adjustment for more snoring improvement is an easy process. The fully open airway helps mouth breathers or people with nasal obstruction and this opening allows for passive tongue retention to further help snoring. The STZ allows normal sleep swallowing and free tongue movement, unlike devices which strap the tongue with rubber bands or squeeze the tongue with bulb suction.

**No other product offers all these design configurations.**

### Maintenance of Your SleepTight Mouthpiece

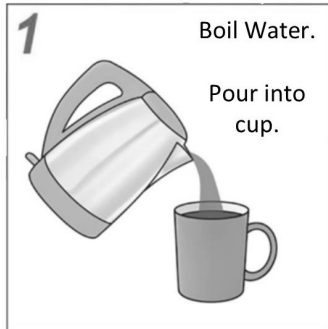
Everyday rinse with cool running water and a small amount of liquid anti-bacterial soap. Never use hot water. If debris remains, you can use a very soft toothbrush or cotton swab. Avoid toothpastes containing abrasives which can damage the soft STZ surface. Never use bleach, alcohol or other strong chemicals. Weekly soaking the appliance with the approved oral appliance cleaner can help with staining, freshness and kill harmful bacteria. Contact [info@sleeptightmouthpiece.com](mailto:info@sleeptightmouthpiece.com) for our current recommendation. Store the device in a cool dry location in its container. The useful life of the STZ is dependent on proper maintenance, oral habits such as clenching and grinding, pathology as well as an individual's anatomy. Some people reorder after 6 months while others have two years or more of use.

### Snoring and Medical Problems-Want You to be Healthy

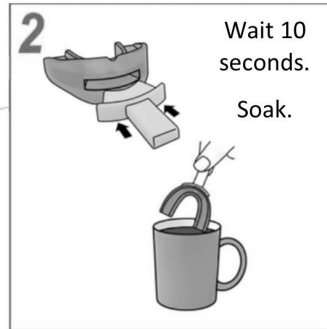
The SleepTight STZ is intended for use by adults as an aid to reduce snoring. If you snore and have been observed to frequently stop breathing during sleep and/or have excessive daytime fatigue, you could have obstructive sleep apnea (OSA), potentially a serious medical problem. If you suspect that you have OSA, discontinue use of the STZ and seek appropriate medical advice for that condition. Solving the snoring problem may require a combination of solutions including medical supervision and lifestyle modification.

SleepTight Mouthpiece, 11352 W State Road 84, Suite 134, Davie, FL 33325, USA  
USA. Contact: [info@sleeptightmouthpiece.com](mailto:info@sleeptightmouthpiece.com)

SUPPLIES: SleepTight Mouthpiece STZ with fitting handle, water, bowl, timer, spoon, mirror and cold water



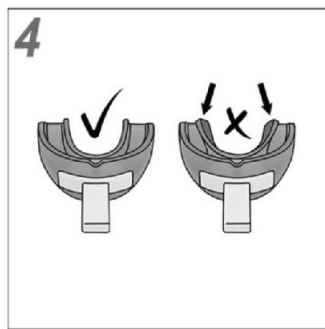
Bring to a boil, about 10 oz. (300ml) of water, then pour the hot water into a bowl or cup. Wait about ten seconds.



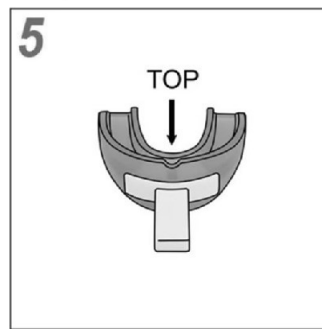
Then place the STZ into the bowl to soak for 2 1/2 minutes (150 sec) to soften. Use a spoon to hold the STZ under water.



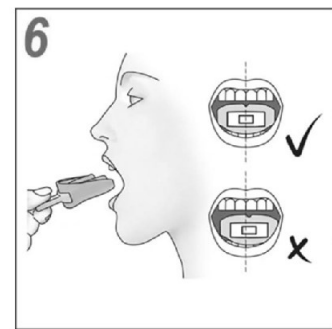
After 2 1/2 minutes, remove the STZ from the water to begin fitting. Check to make sure it is not too hot.



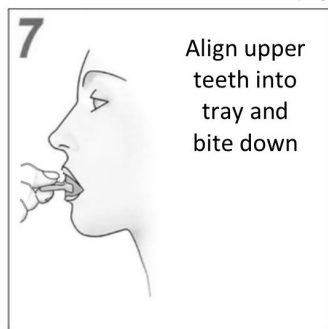
If the edges of the *SleepTight* have folded over, straighten them back up into the original horseshoe shape.



Make sure the *SleepTight* is the right way up with the "V" shape notch at the top.

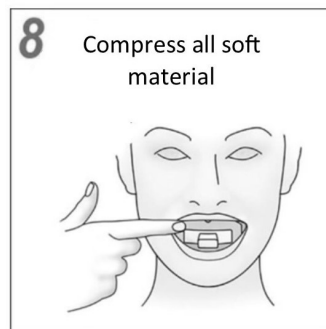


Place the STZ on the lower teeth first, centering it as shown above. Work in front of a mirror for best results.

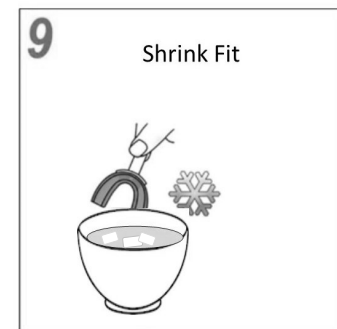


Then bite down into the upper part of the STZ. You might need to move your jaw slightly forward to align the upper into the mouthpiece tray. Use this bite position first.

If you still have snoring after a few days, you can re-fit at this stage and move your lower jaw forward to increase the airway size. Use the Fitting handle again. For details see the FAQs @ SleepTightMouthpiece.com.



While continuing to bite, mold and firmly compress all areas of the soft mouthpiece with your fingers against the teeth and gums. On the inside suck in and push the tongue against the sides of the soft material especially front upper. Work around all the edges of the mouthpiece that you can access particularly the front upper and lower sides. Continue this process until the mouthpiece becomes solid and reaches body temperature.



After the STZ is firm, place it into an ice bath for 5 minutes for a shrink fit.

To remove the fitting handle, squeeze the front sides and slide off the front retainer clip; then slide out the main part from the inside. Follow the same steps if additional fitting is desired.

See pictures of a properly fitted device in our FAQs @ SleepTight Mouthpiece.com