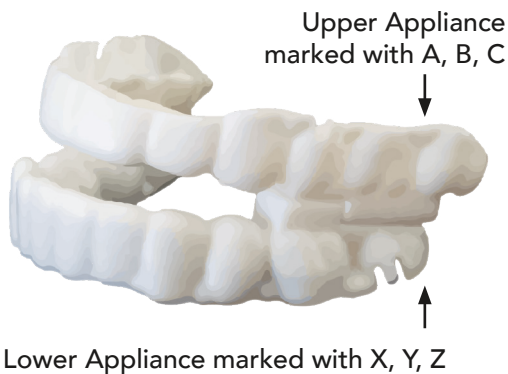




Elevate 9A Quick Start Guide

Your Serena Sleep appliance is designed to relieve your Sleep Apnea. The goal is to move your lower jaw forward to a comfortable position while effectively opening your airway.

Your Elevate Sleep Appliance comes with upper and lower appliances.



Each appliance combination results in moving your lower jaw forward. The amount of advancement is shown in this chart for the different combinations of the appliances:

Upper	A	A	B	B	A	C	C	B	C
Lower	X	Y	X	Y	Z	X	Y	Z	Z
mm advanced	-0.5	0.0	1.0	1.5	2.0	2.5	3.0	3.5	5.0

Elastics: Each upper and lower appliance has notches for elastics to help train your teeth to stay together through the night. Use these elastics as instructed by your Dental Healthcare professional.

- a.** When using elastics, make sure both sides of your appliances have matching elastics.
- b.** It can take several weeks of use to achieve the optimal efficiency and comfort.

Cleaning: Always clean your appliance thoroughly before and after using.

Insertion: Prior to sleeping, insert the appliance in your mouth. The appliance should remain on your teeth for the entire sleep period.

Jaw Positioning: With the upper and lower appliance fitted on your teeth, gently bite down and slide your bottom jaw forward and then relax your jaw and your bite.

Removing the Appliance: Remove the lower appliance first. Place your thumbs towards the back of your teeth on both sides and gently pull the lower appliance in an upwards motion to remove. Using both your index fingers and thumbs, gently pull the upper appliance down and forwards to remove.

Jaw Soreness: Your jaw muscles may be sore in the first 2 weeks of using the appliance. This is common. The American Academy of Dental Sleep Medicine has a 4 min video that shows a number of jaw exercises to alleviate soreness.

https://www.aadsm.org/patient_jaw_exercises.php

Morning Repositioner: If your Dental Healthcare Professional provided you with a morning repositioner, it is important to use it as instructed.

This is a reference guide only, for complete instructions, please see the **"Instructions For Use"** booklet.

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