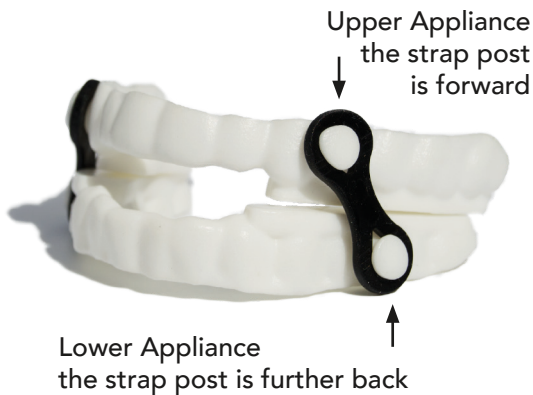




ACE Quick Start Guide

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 Ace Sleep Appliance comes with upper and lower appliances.



Your dental healthcare professional will provide you with the specific straps for your custom appliance and mandibular advancement settings.

Straps have different lengths and elasticity to optimize the effectiveness and comfort of your Serena Sleep Appliance. It is necessary to use matching straps on both sides of your appliance.

Each upper and lower appliance has posts for attaching your straps. Use the straps as instructed by your dental healthcare professional.

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.

Made in the USA – FDA Cleared

LB-007, Rev 1 Ace Quick Guide