

A shift in the right direction

# *Som*MorningRepositioner



**When wearing an oral appliance or SomnoDent oral device to treat snoring and obstructive sleep apnea, there is the possibility that your lower jaw may feel more comfortable remaining forward during the day.**

To help return your lower jaw to its original position, it is recommended that you clench your teeth together to strengthen the muscles. To simplify the exercise, SomnoMed has developed the Morning Repositioner: a simple dental appliance that fits on your lower teeth

The Morning Repositioner helps to minimize the possibility of forward jaw movement. The Morning Repositioner is worn for only **ten minutes after** waking and can conveniently be done while showering or doing other routine tasks as it is a hands free device.

To achieve the full benefits of the Morning Repositioner, clench or chew up and down as often as possible and hold for as long as is comfortable. These effortless clenches will aid in lessening the chances of permanent advancement of your lower jaw.

It's important not to chew or grind on the Morning Repositioner, as this will harm the material and not achieve the desired effect.



[www.somnomed.com](http://www.somnomed.com) 1 800 445 660

## Instructions for Use

1. Upon removal of SomnoDent, place the Morning Repositioner onto your lower teeth.
2. Place the tip of your tongue as far back on the roof of your mouth as you can. While the tongue is in this position, close down onto the Morning Repositioner.
3. Keeping your mouth firmly closed in this position, you can now relax your tongue.
4. Clench as firmly as you can and hold this clench until it becomes uncomfortable to do so. (Please note that it's expected you will feel some discomfort, and this is normal).
5. When you can no longer stand the discomfort, release the jaw pressure slightly while trying to slide your lower jaw further back. Once again, clench as hard and as long as you can.
6. After performing a couple of clenching exercises, it is recommended that you open your mouth as wide as you can and wiggle your lower jaw from side to side to help relax the muscles.

Repeat steps 2 through 5. Ideally, these clenching exercises should be performed for about 10 minutes every morning.

## Care of the Morning Repositioner

- Gently brush the morning repositioner after each use — only use water.
- Once per week, clean the device with SomTabs.
- When not in your mouth, store it dry in the case provided.

***To prevent warping, do not place the Morning Repositioner in warm or hot water.***