



# SomnoDent AVANT<sup>®</sup>

## Sleep and Comfort Diary

Log your sleep and SomnoDent Comfort Rating in the diary provided below for the first six weeks. If you experience any issues or have any concerns prior to the six-week point, please discuss with your sleep dentist.

## Comfort Ratings

**1**

**NEED ASSISTANCE**

Unable to wear my device, even while awake.

**2**

**POOR COMFORT**

Wore my device but was unable to sleep with it.

**3**

**FAIR COMFORT**

Able to wear it and sleep a little, but I take my device out at some stage during the night.

**4**

**GOOD COMFORT**

Able to sleep most of the night without discomfort.

**5**

**EXCELLENT COMFORT**

Able to sleep entire night without a problem.

NIGHT	DATE	SLEEP & WEARING NOTES	HOURS WORN	COMFORT LEVEL (1-5)	STRAP NUMBER WORN
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