

Silent Nite® 3D

SLEEP APPLIANCE



Patient Name: _____ Date: _____

This case used the _____ mm connector for an anteriorization of _____ mm.

ABOUT SILENT NITE® 3D

The Silent Nite® 3D Sleep Appliance is indicated to reduce snoring and mild to moderate obstructive sleep apnea in patients 18 years of age or older. The appliance is designed to gently shift the lower jaw forward during sleep, which increases the cross section of the airway, and activates the airway muscles and ligaments to prevent the airway from collapsing.

Connectors attach the upper and lower splints to maintain the forward position of the lower jaw. The device is adjustable in 0.5 mm increments, producing up to approximately 10 mm of advancement.

ABOUT SILENT NITE 3D CONNECTORS

The Silent Nite 3D appliance is made with four anchor pins, which extend out from the full-arch upper and lower splints. Two anchor pins are located on the upper splint; two anchor pins are located on the lower splint. Once securely attached to the anchor pins, the connectors hold the splints in place so the lower jaw remains forward and the airway remains open while the patient is sleeping.

Two full sets of connectors of varying lengths are included with the Silent Nite 3D Sleep Appliance.

- Tree A contains two each of 26, 25, 24, 23, 22 and 21 mm connectors.
- Tree B contains two each of 25.5, 24.5, 23.5, 22.5, 21.5 and 20.5 mm connectors.

Unless specified otherwise, the initial connector length of 25 mm will be on the device when presented to the patient for the first time. Patients may replace lost connectors or change connector lengths for improved function or comfort.

Tip: Changing the Connector for the First Time (See Instructions on Reverse)

Change the original 25 mm connectors with the next shorter length of connectors (24.5 mm) if snoring was not prevented, or with the next longer length of connectors (25.5 mm) if the forward position of the jaw is too uncomfortable. The dentist will instruct the patient to use the device for a specified number of days, usually two weeks, to acclimate to the appliance before making any adjustments.

The shorter the connector is, the larger the forward advancement of the lower jaw. If, after the second set of connectors has been tried, the patient continues to snore, then further progressive reductions of connector lengths shall need to be made until snoring ceases.

HOW TO CHANGE THE SILENT NITE 3D CONNECTORS



The Silent Nite 3D Sleep Appliance will arrive with connectors already attached to the anchor pins.



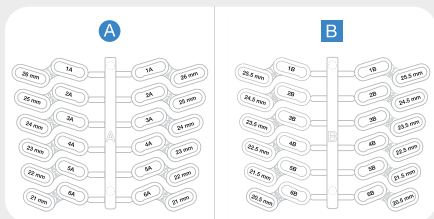
STEP 1: With the device outside the mouth, lift and rotate the upper splint so that the connectors are parallel to the anchor pins.



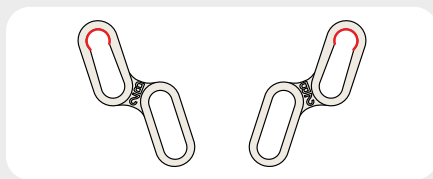
STEP 2: Gently remove the connector from the lower anchor pin. Repeat this step on the opposite side of the appliance.



STEP 3: Gently remove the connector from the upper anchor pin. Repeat this step on the opposite side of the appliance.



STEP 4: Select the appropriate connector size, depending on the desired position of the jaw. Usually, the 25 mm connector is delivered with the device. To advance the jaw forward, select the next-sized shorter connector. To position the jaw back, select the next-sized longer connector. For more details, see the tip on the reverse side of this page.



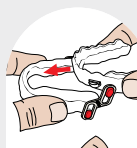
STEP 5: Carefully twist off two connectors of the same length, and remove any sharp edges with a sharp instrument. Note that the arm with the C-shaped inner-connection point attaches to the upper splint.



STEP 6: Attach the upper connector arm to the anchor pin of the upper splint. Pull the connector down firmly. Once properly attached, it will click to lock into place. Repeat this step on the opposite side of the appliance.



STEP 7: Attach the other arm to the anchor pin of the lower splint. Repeat this step on the opposite side of the appliance.



STEP 8: Place the appliance in a closed position, and check that the connectors are fully engaged by sliding the appliance forward and backward along the lower anchor pins. The upper arms should be firmly attached to the anchor pins and the lower arms should slide easily along the pins. With both connectors properly engaged, the Silent Nite 3D Sleep Appliance is ready for use.



Sleep appliances from the lab that never sleeps™