



How do you fit your Snorekit Mouthpiece?

Some useful and important hints before you start:

- Please **read and understand** the fitting instructions before attempting to fit the stop-snoring mouthpiece.
- **Practise fitting** the stop-snoring mouthpiece before moulding it in hot water.
- The stop-snoring mouthpiece has a top and bottom. The **top is indicated** in the groove by "**TOP & SK**".
- **Use a mirror** to fit the stop-snoring mouthpiece.
- It is important **not to move** your bottom jaw **too far forward**; **2-3mm** is usually **sufficient**.
- The **white plastic insert** for the breathing hole must be kept **in place** during **heating and fitting**.
- Remember to **remove** the **white plastic insert** from the breathing hole **after fitting** the stop-snoring mouthpiece. **Don't throw it away** as you will need it in the future if you decide to remould the stop-snoring mouthpiece.
- **Do not boil** the water in a **microwave**.
- **Blow out** through your mouth if the stop-snoring mouthpiece is **too hot**.

Fitting Instructions

1. **Boil** some **water** and pour it into a **mug**, approximately **half full**, but **sufficient to cover** the stop-snoring mouthpiece.
2. **Completely immerse** the stop-snoring mouthpiece for **thirty (30) seconds** in the hot water. It should be **soft enough** to take an **impression** of your teeth and **change shape** as you move your jaw forward. **Use** the white **insert** as a handle.
3. **Remove** and **shake off** excess water. **Check** that it is **not too hot**.
4. **Make sure** that the **sides** have **not flopped inwards** and if necessary use a finger to push them outwards.
5. **Ensure** the stop-snoring mouthpiece is the **right way up**. See "**TOP**" on the right hand side of the groove.
6. **Insert** the stop-snoring mouthpiece into the mouth, **onto the lower jaw first** and then close your mouth.
7. **Move** your **lower jaw forward** by **2-3 mm**. Now start **biting hard** on the stop-snoring mouthpiece for **20 to 30 seconds**. Make sure the white plastic **insert** is in place to **prevent biting through** the stop-snoring mouthpiece and to keep the breathing hole open.
8. To **help mould** the stop-snoring mouthpiece **push** hard **with** your **tongue** against the **back of your teeth**. At the same time you can **suck in** to keep the stop-snoring mouthpiece in place. **Use** your **finger** to **push outer sections** against your teeth to help the fit.
9. Remove and **rinse** under **cold water**. **Remove** the white plastic **insert**.
10. **Try** your stop-snoring mouthpiece for a while to ensure the **fit is correct**. If **necessary** you can **repeat** the process to adjust the fit.