

ANTI-SNORING MOUTHPIECE

L08 User Guide

English



Breathe Will be Nice



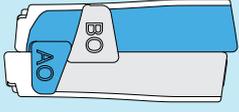
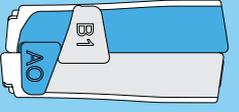
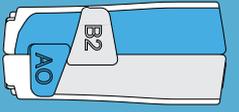
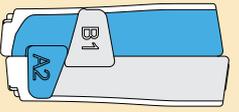
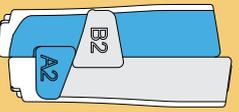
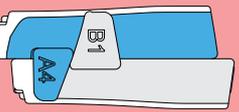
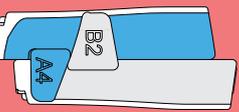
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PRODUCT DESCRIPTION

The L08 Mandibular Advancement Device comes in seven configurations, allowing users to select the most suitable mandibular advancement distance.

The configurations are as follows:

MAD	Configuration	Advancement Distance	Adaptation time	
Slight		A0 + B0	0mm	1 week
		A0 + B1	1mm	1 week
		A0 + B2	2mm	1 week
Moderate		A2 + B1	3mm	1 week
		A2 + B2	4mm	2 weeks
Severe		A4 + B1	5mm	2 weeks
		A4 + B2	6mm	Not recommended

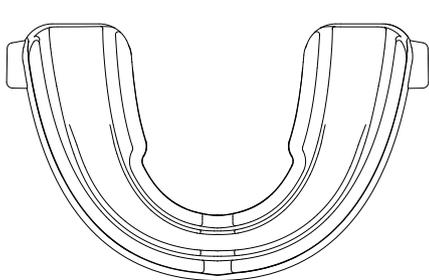
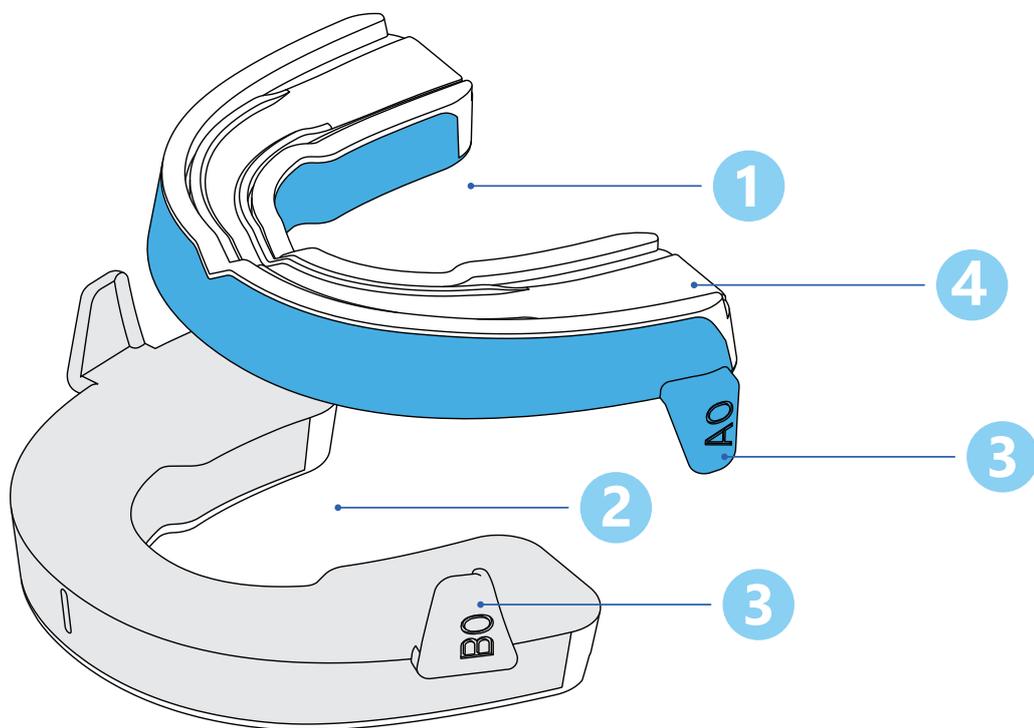
Tips:

1. Higher level corresponds to a greater range of mandibular advancement.
2. If "moderate" level works well, it's not recommended to use "severe" level, where the advancement distance is greater and the wearing discomfort is more noticeable.
3. When using MAD for the first time, please start from configuration A0 + B0.

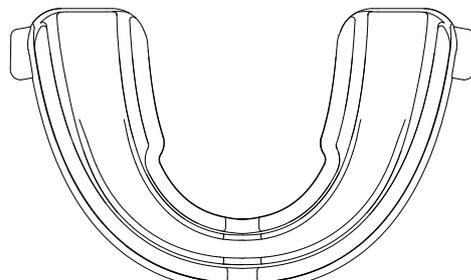
COMPONENTS

Component List

- 1 Upper tray
- 2 Lower tray
- 3 Advancement Distance indicator
- 4 Shapeable Part



Standard version



Large version

The MAD comes in two versions: Standard and Large. The only difference between them is the size.



INTENDED USE

The Mandibular Advancement Device is designed to advance the user's lower jaw and maintain this position during use, opening the airway to reduce snoring during sleep. It is intended for adults aged 18 or older.

Service Life: 6–12 months with proper care

Maximum Storage Duration: 2 years

Parameter	Operating Conditions	Storage Conditions
Temperature Range	+5°C to +40°C (41–104°F)	-20°C to +45°C (-4–113°F)
Humidity Tolerance	10%–90% RH	10%–90% RH

Before first use, please read and follow the instruction manual thoroughly, as proper use is crucial for the effectiveness of the device.



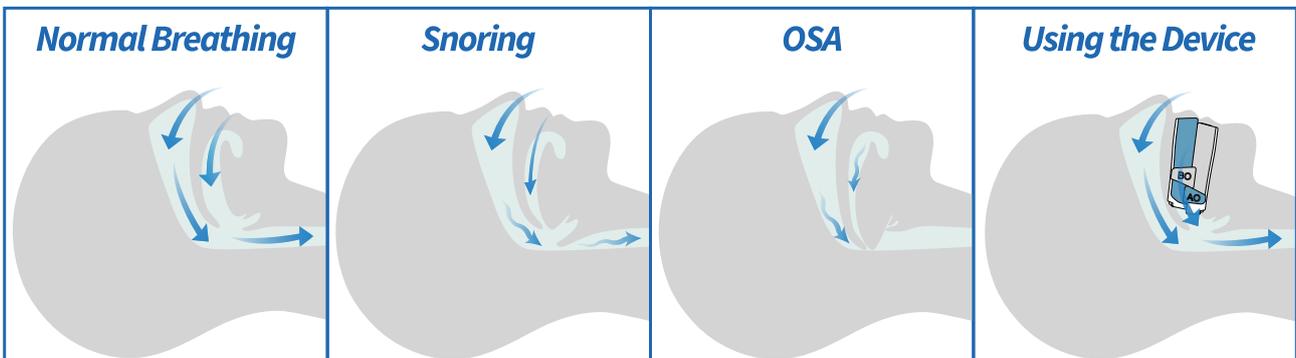
WORKING PRINCIPLE

Normal Breathing: Adequate muscle tone in the throat and tongue keeps the airway open.

Snoring: Muscle relaxation leads to partial airway obstruction; faster airflow through the narrowed passage creates turbulence, causing tissue vibration.

Obstructive Sleep Apnea (OSA): Complete relaxation of the muscles leads to total airway blockage, preventing airflow and causing temporary breathing cessation.

Using the Device: By maintaining the lower jaw in a forward position, the airway remains open, allowing for normal breathing.





CONTRAINDICATIONS

Do not use the device if any of the following conditions apply:

- ✗ Under 18 years of age, as it may affect the development of teeth and jawbones in adolescents.
- ✗ Diagnosed with Central Sleep Apnea (CSA), which differs from OSA.
- ✗ Suffering from severe respiratory diseases, such as asthma, severe OSA, or emphysema.
- ✗ Experiencing periodontal disease, including loose teeth, gum bleeding, oral ulcers, or cavities.
- ✗ Having Temporomandibular Joint Disorder (TMD) or other temporomandibular joint issues.
- ✗ Having had dental implants within the last 12 months.
- ✗ Currently undergoing orthodontic treatment or wearing braces, full dentures, or other dental appliances.
- ✗ Having severe misalignment or bite issues (jaw or tooth pain when clenching).



WARNINGS

- ⚠ 1. Use of the device may lead to:
 - Tooth movement or changes in bite
 - Gum or tooth soreness
 - Joint discomfort
 - Irritation inside the mouth
 - Excessive drooling
 - Obstructed mouth breathing
 - Dry mouth
- ⚠ 2. If severe adverse reactions, allergies, breathing difficulties, or other respiratory conditions occur, discontinue use of the device and consult a doctor immediately.
- ⚠ 3. The device is not suitable for treating OSA.



INITIAL REMINDER

1. The effectiveness of the device varies from person to person. Some may notice a significant reduction in snoring within a few days, while others may need several weeks. Both scenarios are normal.
2. Sleeping on one side or stomach enhances the effectiveness of the device. Lying on the back may cause the mouth to open and the device to fall out.
3. The device may restrict mouth breathing. If nasal congestion occurs during sleep, it is advised to temporarily discontinue use of the device or use medication to clear the nasal passages.
4. Mouth breathing can cause dry mouth, tooth movement, and reduced sleep quality. If you are accustomed to mouth breathing, consider using a chin strap to keep the jaw closed during sleep; this also reduces the likelihood of the device falling out.
5. If discomfort or dislodgment wakes you during sleep, remove the device and continue sleeping.
6. It takes time to adapt to a Mandibular Advancement Device. It's normal to feel slight discomfort or to find the device dislodge initially.

⚠ If you are unable to use MAD due to contraindications, please contact us, and we will arrange a refund for you.

⚠ Please be patient when shaping the MAD.

Reasons:

1. Proper shaping can make it more comfortable to wear during sleep.
2. The MAD we provide is more economical. Compared with the solutions provided by hospitals and clinics, it can help you save more money and achieve the same effect.

⚠ Replace with a new one:

If the pre-matched MAD model you selected runs out or gets lost, you can purchase a corresponding set separately in our store.

INSTRUCTIONS FOR USE

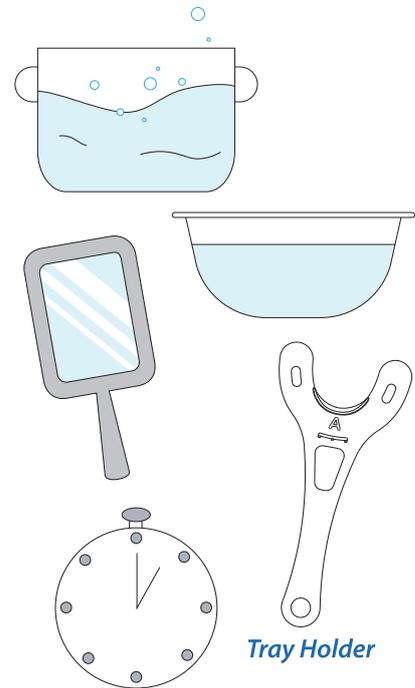
1. Preparation

1. Required Tools

- **Heating & Cooling:** A container for hot water, cold water basin/faucet, water heating tool
- **Auxiliary Tools:** Mirror, tray holder, timer

◆ Note

- The product set includes a tray holder for heating and molding the trays.
- The container used for hot water must be of sufficient size, with enough water to ensure the tray is fully submerged and evenly heated.



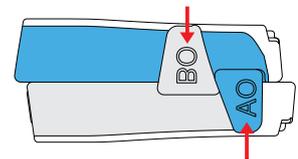
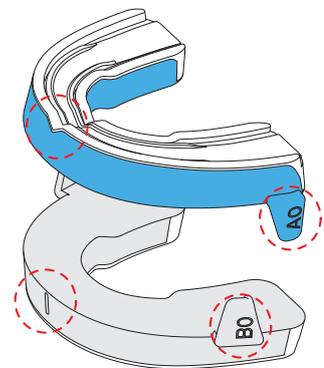
2. MAD Tray Identification & Initial Setup

- **Upper Tray (A):** Colored, V-shaped notch, arrow marking on the back, side indicator showing "A".
- **Lower Tray (B):** Transparent, long protrusion at the front, side indicator showing "B".
- The trays are connected by protrusions that securely lock them in place.

Tip: Smaller numbers indicate a shorter advancement distance, while larger numbers correspond to a greater advancement.

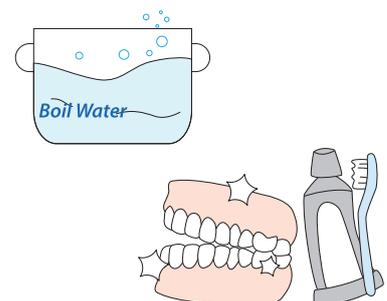
- After assembly, check the alignment of the arrow on the side of the upper tray with the corresponding number on the lower tray to confirm the advancement distance.

- For first-time users, start with **A0 + B0** (minimum forward movement).



3. Pre-Molding Preparations

- **Brush Teeth:** Ensure your teeth are thoroughly cleaned to prevent debris from affecting the molding.
- **Boil Water:** Maintain a water temperature above 95°C; freshly boiled water is recommended.



2. Heating the Tray

1. The upper and lower trays must be molded separately. Attach the upper tray to the tray holder and place it on the side marked "A."

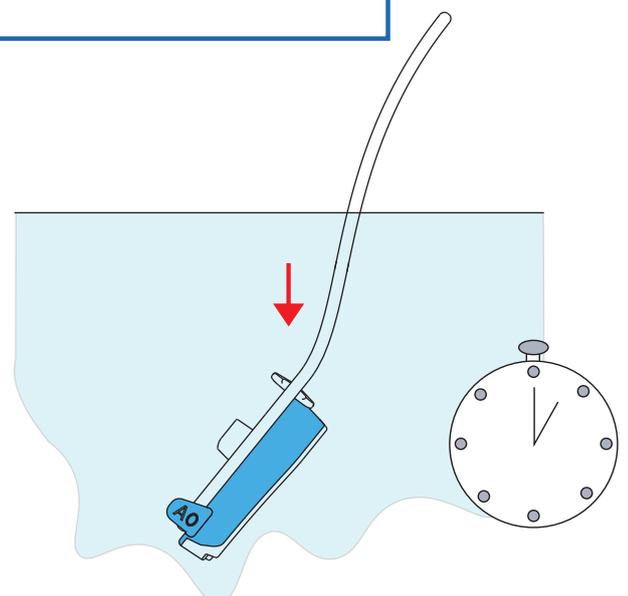
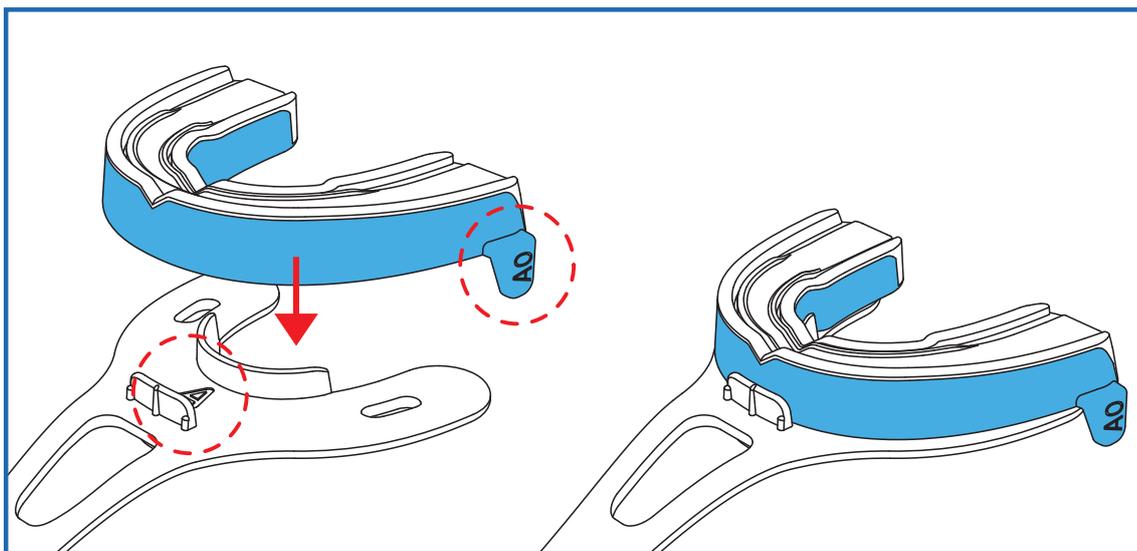
◆ **Note**

- The letter on the tray holder must correspond to the letter marked on the side of the tray (A to A, B to B).

2. Place the upper tray together with the tray holder into a container filled with hot water. Ensure there is enough water and that the water level fully submerges the tray.

3. Soak for 2 minutes. If the tray holder floats during soaking, gently press it down to ensure the tray remains fully immersed in hot water throughout the heating process.

4. After heating, the moldable material will soften and may show slight sticking, which is normal. If severe sticking occurs, the tray has overheated—remove it from the hot water immediately.

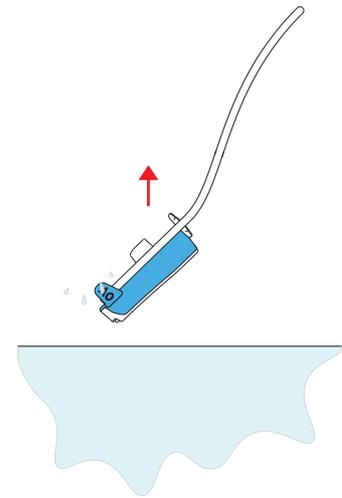


3. Draining & Cooling

1. Remove the tray holder from the water, gently shake off excess water, and allow it to cool for 3–5 seconds.

⚠️ Cautions

- Do not shake vigorously to avoid the tray detaching from the holder.
- Beware of hot water to prevent burns.
- Do not overcool, as this may affect molding performance.



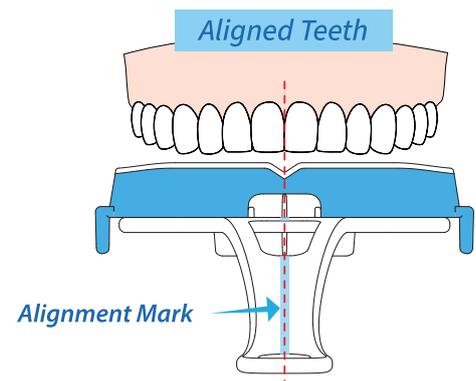
4. Molding the Upper Tray

1. Place the upper tray with the holder into your mouth. Adjust the position first; do not bite yet.

Remove immediately if it feels too hot.

2. Use a mirror to align the alignment mark on the holder with the center line:

- **Aligned teeth:** align with the center of the upper teeth
- **Misaligned teeth:** align with the center line between the nose and chin



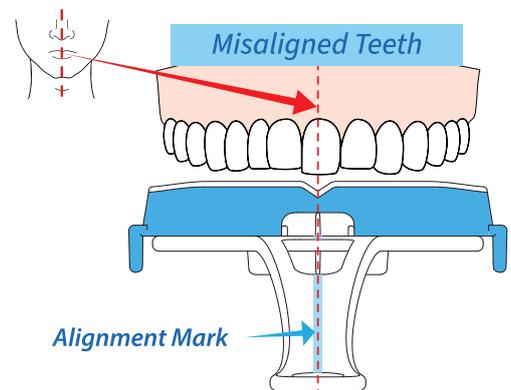
3. Once positioned, bite gently to secure the tray, then remove the tray holder.

4. Bite down evenly, pressing the upper teeth into the tray base. Hold for 1 minute.

5. Remove the tray vertically without rocking.

6. Place the moldable side facing downward and cool it in cold water or under running tap water.

⚠️ If rinsing, flush the tray base first, then the moldable area, using gentle water flow only.



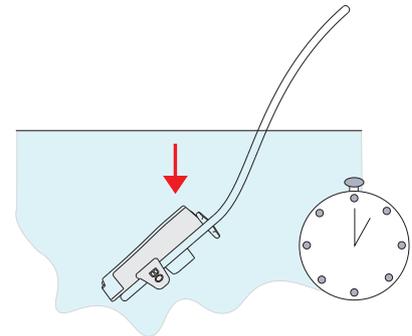
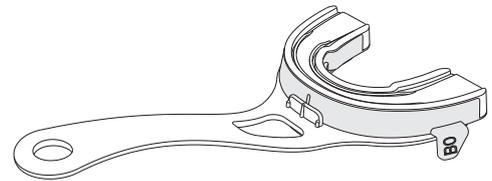
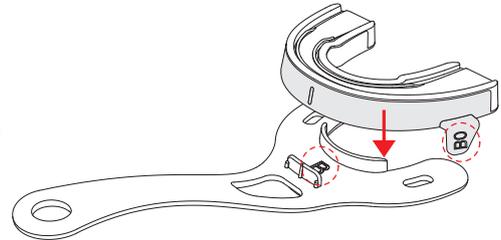
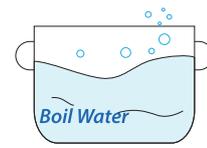
5. Molding the Lower Tray

1. Use fresh hot water or reheat the water to ensure proper molding temperature.
2. Attach the lower tray to the holder and place it on the side marked "B."

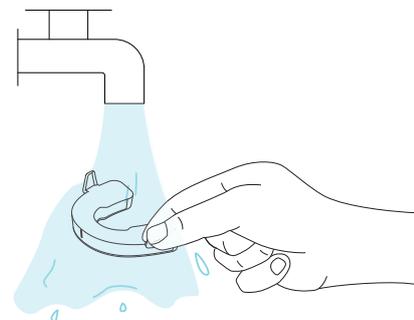
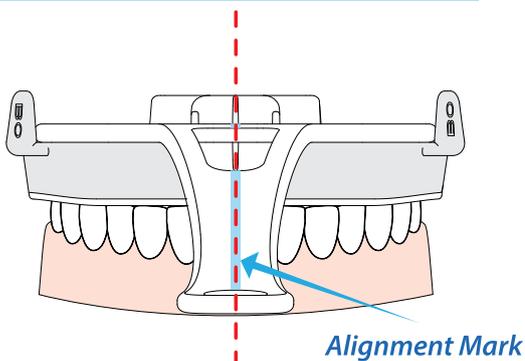
◆ Note

- The letter on the tray holder must correspond to the letter marked on the side of the tray (A to A, B to B).

3. Heat, drain, and cool the lower tray following the same steps as above.
4. Place the lower tray with the holder into your mouth. Adjust position; do not bite yet.
5. Using a mirror, align the holder's mark with the same center line used for the upper tray.
6. Bite gently to secure the lower tray, then remove the holder.
7. Bite down evenly, pressing the lower teeth into the top of the tray for 1 minute.
8. Remove the tray vertically without movement.
9. Cool the moldable side facing downward in cold water or under gentle running water.



Align with the same center line used for the upper tray



6. Fit Testing

1. Assemble the upper and lower trays and place them in the mouth.

2. Check Stability & Comfort:

- **Secure Fit:** Indicates successful molding.
- **Loose Fit or Extreme Discomfort:** Indicates molding failure — reheat and reshape.



Adjustment Suggestions

- If the shape is incorrect, it may be due to excessive cooling time or an incorrect biting position.

Follow these steps:

① Reheat the Tray → ② Drain & Cool (Reduce cooling time if necessary) → ③ Remold the Tray → ④ Cool Again → ⑤ Test Fit

7. Adjustment

When first using this device, mild soreness or slight discomfort in the teeth or jaw is a normal adaptation response and usually decreases or disappears over time.

An adaptation period is required. Always begin with position A0 + B0, then gradually adjust to higher positions (e.g. A0 + B1, A0 + B2) once adapted, until an effective setting is reached.

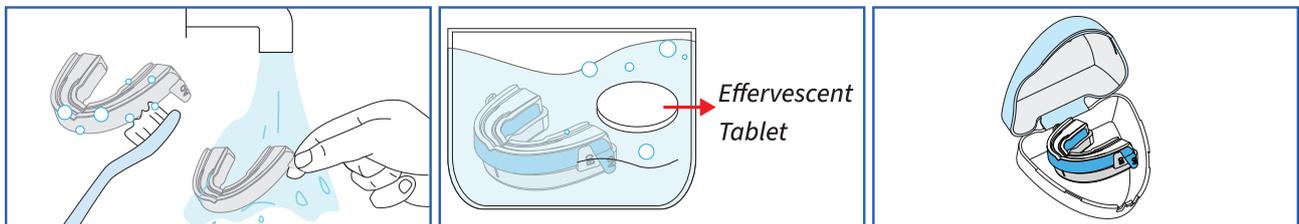
Do not start at a higher setting, as this may cause discomfort or pain.

During adaptation, the current setting may not yet improve snoring, which is normal. Please remain patient and continue use, and adjust only after adequate adaptation.

- If severe pain, significant jaw discomfort, joint clicking, or a bursting sensation occurs, stop use immediately. You may pause use for one night; if symptoms persist or worsen, seek medical attention.
- First-time users are advised to wear the device for 15 minutes before sleep, then gradually increase the wearing duration to facilitate adaptation.

CLEANING AND STORAGE

- Use a toothbrush to clean the device with a specialized denture cleaner or a mild baby bottle cleaner for 3–5 minutes, then rinse with water at 25–30 °C.
- Alternatively, soak the device in water with an oral cleaning effervescent tablet for 5 minutes. Use a soft-bristled toothbrush to apply the cleaning solution, brush for 3–5 minutes, and rinse with water at 25–30 °C.
- After cleaning, allow the device to dry in a well-ventilated area, and store it in a box once completely dry.



Warning

- Do not clean the device with harsh chemicals, such as ethanol.
- Do not clean the device with mouthwash.
- Avoid ultrasonic cleaning.
- Do not clean with hot water above 45°C (113°F) as this may deform the device.
- Avoid direct sunlight when drying, and store the device in a cool, shaded area.
- The device contains small parts; store it properly to prevent accidental ingestion by children.

Recommendations

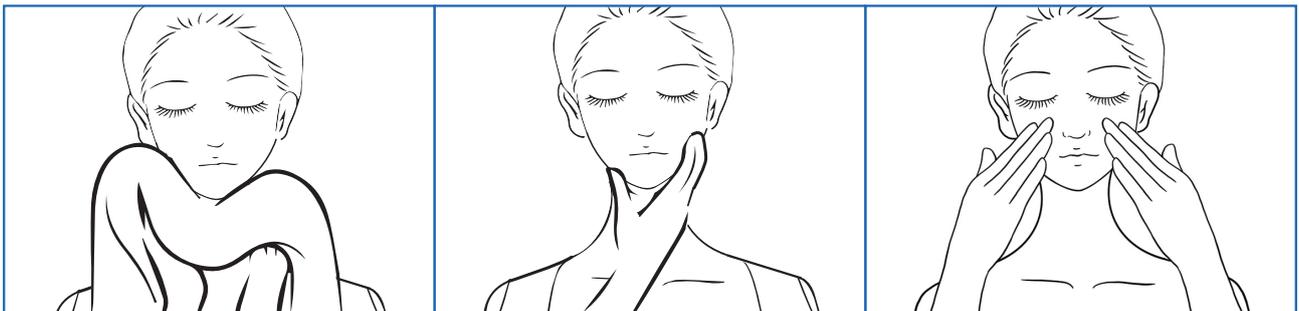
- Avoid consuming coffee, tea, or cola before wearing the device, as these may stain the material.
- Always brush your teeth before wearing the device.
- When not in use, store the device in the storage box and ensure the box is closed.

MORNING RESET TRAINING GUIDE

Because your jaw has been accustomed to being held forward overnight, it is normal for it to remain in a forward position upon waking. This usually returns to a normal bite within one to two hours after removing the device.

Below are some simple exercises that can help alleviate discomfort or reset the position of your jaw:

- Before starting the exercises, apply a warm, moist compress to any sore areas on both sides of the jaw for 10 minutes.
- Place your index and middle fingers on the sides of your jaw. You can locate the correct area by gently clenching your jaw.
- Relax the jaw muscles and gently massage in circular motions. Avoid massaging for more than 10 minutes.
- Consider taking a night off to allow your jaw muscles to fully rest.
- Do not wear the device again until your jaw has returned to its normal position.
- If symptoms persist for a long period or pain intensifies, stop using the device and consult your doctor.



Q1: Why does the MAD feel complicated to use?

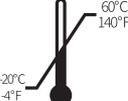
A: The MAD requires initial shaping to match your bite. Since oral structures vary from person to person, some unfamiliarity at first is normal. Proper shaping improves comfort and ensures the device works correctly. Once shaped, it becomes easier to use.

Q2: How is this MAD different from those provided by hospitals or sleep clinics?

A: Hospital or clinic MADs are usually custom-made and more expensive. This product uses the same functional principle but allows self-shaping, offering a more cost-effective solution.

Q3: How should I choose the correct setting?

A: Start with the initial setting (A0 + B0), then adjust gradually after adapting, until an effective position is reached. Do not start with higher settings, as this may cause discomfort or pain. Stop use and consult a doctor if pain persists.

 <p>Refer to the instruction manual</p>	 <p>Date of manufacture</p>	 <p>Manufacturer</p>	 <p>Humidity limits</p>
 <p>Contains no natural rubber latex</p>	 <p>Expiration date</p>	 <p>Batch number</p>	 <p>Warning</p>
 <p>Avoid direct sunlight</p>	 <p>Temperature limits Storage and transportation temperature limits</p>		

Manufactured By:
SHENZHEN SANY PIONEER TECHNOLOGY CO., LTD.

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