

Welcome to NoSnores!

Thank you for purchasing the NoSnores, the most advanced Anti Snoring Device available in the Indian Market. This device is designed to minimize the effects of snoring on the user and is **NOT** suitable for use by children. It is not to be used as a cure for obstructive sleep apnoea and should not be used by people with tooth or gum problems or epilepsy.

People with dentures or those who do not have a full and healthy set of teeth should consult the dentist before using the device. If you use topical oral medications, pastes or lotions do **NOT** use the device on the same night as it may react with some applications.

How Does the NoSnores Work?

The NoSnores when molded and worn correctly will slightly extend the user's lower jaw thereby increasing the clearance between the back of the throat and tongue. This increased clearance will help keep the upper airway open which will reduce the frequency and volume of snoring.



How is the NoSnores used?

This device, when correctly fitted and used, should last between 3-12 months. The device is first fitted and then worn each night before going to sleep. It is removed in the morning and then cleaned if necessary. To clean the device just wash with water and place back into the protective container to air-dry. The frequency of device replacement depends upon both the force of the lower jaw pushing back on the device, thus changing the molded shape and whether or not the user grinds or clenches their teeth. From past experience, a correctly fitted device in a typical user will last up to 1 year before a replacement is necessary.

It is recommended that you mention to your dentist that you are using a NoSnores and ask him or her to monitor the position of your teeth at your regular dental checkups.

Fitting Instructions

Preparation

You will need the following before fitting.

1. A watch with a second hand for timing
2. A kettle, jug or pot to boil water
3. Pair of kitchen tongs or something to hold the device by the plastic tab)
4. A bowl with iced or cold water

Practice putting the device and the spacer in to your mouth. Make sure all teeth are in the grooves of the device and that the device is the correct way up with the **bow at the top of the guard for the top teeth**.

Move your bottom jaw about halfway forward – this is typically where both your top and bottom teeth are totally aligned. If you extend your jaw too far forward you will be increasing the chance of possible jaw pain. If snoring persists after the first night then the device can be re-molded to extend the jaw further. If necessary, continue increasing the extension in small steps until either the snoring stops or you experience jaw pain. If you experience jaw pain and the snoring has not stopped then this type of device will not work for you. There will always be a small amount of discomfort but this will usually disappear after several days. Please visit the FAQ section on the website <http://www.nosnores.in> for more information on possible side effects.

Fitting

1. Fill a container or kettle with enough water to allow the mouthpiece to be completely submerged.
2. Heat on a stove or in a microwave until the water boils vigorously. Do not put the device into the water whilst it is boiling. Remove the boiling water from the heat source.
3. Holding the NoSnore by the **plastic tab with the tongs**, dip the mouthpiece into the hot water for exactly **20 seconds** in order to soften the plastic.
4. Remove the mouthpiece from the hot water and gently shake off the excess water.
5. Touch the device against your skin to make sure it is not too hot. If it is too hot or has been in the water too long, wait for the device to cool down before inserting into your mouth.
6. Place the device in your mouth so that the upper and lower teeth are located in the grooves as practiced earlier, but **DO NOT BITE DOWN**.
7. Holding the tab with your fingers and **TOP facing up**, move the lower jaw into the comfortable forward position as practiced earlier and **bite with moderate force** into the device. Remember that the most forward comfortable position will give the best results.
8. The mouthpiece will be hot but will not burn you. **Suck the air out of the mouthpiece and with your tongue and lips press against the mouthpiece to get a tight fit. You can use your fingers to press against your lips and cheeks to improve the custom fit. A better fit is obtained by pressing directly against the teeth, you will feel the soft plastic move with the applied pressure.**
9. Keep biting and applying the pressure with your fingers and tongue for **30 seconds**.
10. Remove the mouthpiece and place in ice-cold water for **60 seconds** to set the shape.
11. Refit the mouthpiece into your mouth to check the fit.
12. If the fit is not comfortable, you may do the exercise again, remembering this time to only dip the mouthpiece for **10 seconds** into the hot water.
13. **Remove the plastic spacer to allow for breathing through the device.**
14. If you do not stop snoring completely, re-mould with your jaw extended a little further forward. **Replace the plastic spacer when remolding to stop the breathing holes from closing.**

Your NoSnore Anti Snoring Device is now ready to use – enjoy a great night's sleep for both you and your partner!

OUR GUARANTEE

If you follow the simple instructions for fitting your NoSnore device and your snoring does not reduce by 80-100% simply return the device within 30 days and you will be refunded the amount after deducting shipping, packing & tax etc.. No questions asked! That is how much faith we have in our product!