

**SomnoGuard® SPX**  
**Mandibular advancement device**

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**Fitting timeline**

Duration	Process
60 seconds	Pour boiled water into a bowl and place the jaw tray in the bowl for approx. 60 seconds (with the hard outer tray shell facing down).
60 seconds	Allow the tray to cool down in the air for 60 seconds and shake off excess water
10 seconds	If necessary, increase or decrease the width of the tray in order to adapt it to the jaw. Place the tray on the <b>upper teeth</b> and firmly press it against them from below.
10 seconds	Gently press the soft thermoplastic material with your fingers at the outer and inner wall of the tray against the teeth.  <i>The same effect can be achieved by holding the tray from below with (slightly advanced) lower teeth and closing the lips. Swallow several times and exert pressure on lips and cheeks.</i>
60 seconds	After 30 seconds, open your mouth and check that the thermoplastic material fits well on the outer and inner wall of the tray. If necessary, correct with your fingers and wait another 30 seconds. The material hardens during this time.
20 seconds	Remove the tray vertically from your mouth and put it in a bowl filled with cold water. Remove the tray from the water after 20 seconds and check the fit of the tray.
10 or 60 seconds	<i>If the fit is not perfect:</i> <ul style="list-style-type: none"> <li>- For a partial correction put the single spot of the tray for about 10 seconds...</li> <li>- For a complete refit put the whole tray for about 60 seconds...</li> </ul> <i>... in the hot water bath to remodel it.</i> <i>The thermoplastic material reverts almost to its original form.</i>

Then fit the **lower tray** (insert the finished upper tray into the mouth before the fitting). Place the heated lower tray on the teeth of the lower jaw so that the line marks on the upper and lower tray form a vertical line. Firmly clench the teeth. Avoid swallowing and keep the tongue as far back as possible (without moving it) so that the inner walls of the tray are not lifted.