sleep peachy

DENTAL NIGHTGUARD BOILING-WATER FITTING INSTRUCTIONS

SCAN TO WATCH THE FITTING VIDEO →

Use this method if your microwave is under 1,100 watts or if you prefer boiling water. It replaces the microwave step on the instruction card in your package. Fitting is the same either way.

Before you begin, read all warnings and contraindications on this sheet.

- Pot of water and a stove
- Slotted spoon
- Bowl of cold water
- A mirror

STEP 1: HEAT IN BOILING WATER

1. Bring a pot of water to a full, rolling boil.
2. Using the slotted spoon, place the guard **face down** in the water and boil for **1 minute**.
3. **Lift it out with the slotted spoon, never with your fingers: the guard and water are hot.** Handle gently so the walls don't collapse.
4. Dip the guard in cold water for **3 to 5 seconds**.

Do not boil longer than 1 minute. Overheating can melt the guard or collapse its walls. Keep children away from the stove.

STEP 2: FIT YOUR GUARD

The guard should feel soft and pliable, like gum or putty.

A. Using a mirror, place the guard over your upper or lower teeth (your choice). Line it up with the center of your teeth and **bite down lightly**.

B. Pinch with thumbs and index fingers and press the guard evenly against your teeth, walking your fingers front to back along the outside wall. Press your tongue to the roof of your mouth.

C. Close your lips and suck for **1 minute** for a tight, comfortable custom fit, pressing over your lips with your fingers as it forms.

Trimming. Too large? Reheat the guard, trim excess material from the back (molar) edges with scissors, then repeat the fitting steps.

Cleaning. After every use, scrub with a toothbrush, toothpaste and **cold** water. Store in its case. Reusable; for one person only.

Tips. Once fitted, wear it as is each night; no need to re-mold. Not quite right? Reheat and repeat. Two guards? Wear one at a time.

Indications for use: This over-the-counter dental guard is indicated for protection against bruxism, the nighttime clenching and grinding of the teeth. It is intended for use in the mouth at night to reduce damage to the teeth and to prevent the noise associated with teeth grinding.

WARNINGS AND CONTRAINDICATIONS: DO NOT USE

- **If you wear braces, dentures or other dental accessories.**
- **If you have any tooth or jaw pain.**
- **If you are under 18 years of age.**
- **As an athletic mouth guard.**

CAUTION

Ask your dentist before use if you have:

- Loose fillings, loose caps or cavities without fillings.
- Two or more missing teeth.
- Mouth sores.
- Gum disease or bleeding gums.
- Serious breathing, respiratory or other health problems.

STOP USE AND SEE YOUR DENTIST IF:

- It causes you to gag or feels uncomfortable.
- You have bleeding gums, soreness or any other reaction inside your mouth.
- You notice new jaw pain, tooth pain, ear pain, headache, neck stiffness or joint clicking because of the product.
- You have loose teeth, or a change in your bite that lasts more than a few minutes after taking it out.

Questions or problems? Email **customerservice@custmbite.com** or visit **SleepPeachy.com**

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