

# SNOREBYTE®

## Patient Kit



SnoreByte® is a temporary or trial oral appliance used for the treatment of snoring and obstructive sleep apnea.

### SnoreByte® Composition

The SnoreByte® consists of a clear resilient biocompatible tray filled with GC Reline™, a chairside vinyl polysiloxane (VPS) denture liner that is molded to the patient's teeth.

### SnoreByte® Custom-fit

The SnoreByte® is custom-fit in minutes. After applying the VPS to the tray you fit the oral appliance to the patient's posterior teeth while the patient protrudes his lower jaw slightly.

### SnoreByte® Use

The SnoreByte® creates a slight protrusion and limits the posterior movement of the mandible during sleep. This protrusion helps to maintain an open oropharyngeal airway thus reducing snoring and/or non central obstructive sleep apnea.

## The SnoreByte® Patient Kit includes:

The following items for the preparation of the oral appliance:

- The tray
- The GC Reline™ universal mixing tip



The following items for the patient to take home:

- The custom oral appliance (after custom-fit)
- Carrying case
- Brush
- Ortho Fresh® Cold Water Cleaner



## Intended use of the Oral Appliance

- By prescription only
- Use as directed by your dentist
- Do not use longer than 30 nights; intended as a temporary device
- As a low cost introduction to oral appliance therapy
- Worn at night during sleep
- As a spare oral appliance for travel

## Contraindications

The oral appliance should not be used where the following is present:

- Central sleep apnea
- Loose teeth or periodontal disease
- Active TMJ disorder
- Severe respiratory disorders
- Under 18 years of age



## Warnings

Use of the oral appliance may cause:

- Tooth movement or changes in dental occlusion
- Gingival or dental soreness
- Pain or soreness of the temporomandibular joint(s)
- Obstruction of oral breathing
- Excessive salivation
- Use of the oral appliance for longer than 30 nights may increase the risk that the VPS material will break down which could lead to swallowing or aspiration of the VPS material

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For Today's Business of Sleep™

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# Fitting the SnoreByte®

Before prescribing the SnoreByte® consider your patient's medical history, including history of asthma, breathing or respiratory disorder, or other relevant health problems. Ensure you arrange for appropriate health care before prescribing the oral appliance as a trial or temporary device.

## Step 1

Check the fit of the tray over the patient's teeth or partial denture. Like an impression tray, the tray should fit over the patient's posterior teeth without interference or painful contact with the tissues of the mouth. If the borders of the tray are irritating to the patient's gingiva due to contact, modify the tray as needed (see figure 1).



**NOTE** If the tray does not fit the patient's dental arches or causes discomfort, the Silent Sleep™ should not be used.

## Step 2

With the tray in the patient's mouth, determine the initial protrusion position using your preferred bite registration method. There are four different bite gauges available, allowing for seven different levels of protrusion.



**WARNING** Excessive protrusion of the mandible is NOT necessary and is NOT recommended.

## Step 3

Insert the GC Reline™ denture material into the tray. Ensure the material is well through the retention holes of the tray (see Figure 2).

Once the tray is filled, place the tray in the patient's mouth, guiding the lower portion onto the mandibular teeth (see Figure 3).

Guide the patient's bite to the predetermined position. Allow the material to set, for the amount of time recommended by the RC Reline manufacture.



**NOTE** Blocking out significant undercuts or under bridges is generally not necessary due to the soft nature of the set VPS; however, this should also be considered.

## Step 4

Once the GC Reline™ material is fully set, remove the appliance from the patient's mouth. Trim excessive material, if necessary (see Figure 4).

- Remove any thin material or material which could easily separate from the tray.
- Check for good extrusion of the VPS material through the retention holes.
- Ensure the VPS is firmly seated in the tray.
- Check for areas that could cause irritation to the tissues.

## Step 5

Seat the oral appliance and allow the patient to wear it for several minutes.

If the patient feels significant pressure in the jaw from excessive protrusion, remove the material from the tray and repeat steps 3 to 4 with the patient bringing the jaw into a more comfortable position.

Reposition the appliance as needed:

- Position the jaw more forward, if there is continued snoring with the initial position.
- Position the jaw less forward, if there is soreness due to jaw or TMJ pain or soreness with the initial position.



**Figure 1** Initial insertion of the Silent Sleep™



**Figure 2** Syringe the GC Reline™



**Figure 3** Trim excess VPS material



**Figure 4** Check the final fit of the SnoreByte®

### BRAEBON Medical Corporation

United States of America:  
2981 Ford St. Extension  
Ogdensburg, NY  
13669-3474

Canada:  
Suite 1, 100 Schneider Rd.  
Kanata, Ontario  
K2K 1Y2

[www.braebon.com](http://www.braebon.com)

North America toll free: 1.888.462.4841  
Canadian: 1.613.831.6690  
International: 01.613.831.6690

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