

ProSomnus Evo – Calibration and Cleaning

Calibration Instructions: For the first 1-4 weeks, wear Upper 0 + Lower 0, this is your acclimation period and the length of your acclimation period will vary person to person. During this time, monitor for any jaw soreness or discomfort and any changes in symptoms (eg. feeling any better during the day, reports of less snoring from bed partner, etc).







Once you have minimal to no soreness in your jaw muscles upon waking, you may begin advancing the appliances further according to the chart below. The goal is to advance only to the point of having maximum symptom relief and *not to advance as far as possible*. The more you advance, the higher the incidence of side effects such as jaw soreness. Do not advance more than 1mm / week to allow for acclimation at the new position before proceeding.

Remember that transient jaw soreness for days is normal each time you advance.

Pay attention to daytime symptoms (ie. feeling more energized) and reports of snoring from your bed partner. Once you feel you are obtaining maximum benefit, that is your final position.

We will call to check on you one week after your delivery and then you will be appointed in our office one month after delivery to re-evaluate. If you need assistance or have questions in the interim, please reach out to our office.

ProSomnus EVO Sleep and Snore Device:

5 DEVICES U0, U2,U4, L0, L1	COMBINATION	ADVANCEMENTS
	Upper 0 + Lower 0	0mm
	Upper 0 + Lower 1	1.0mm
	Upper 2 + Lower 0	2.0mm
	Upper 2 + Lower 1	3.0mm
	Upper 4 + Lower 0	4.0mm
	Upper 4 + Lower 1	5.0mm

Cleaning Instructions: in the mornings, remove the oral appliances and clean with a soft brush (like a denture brush) using **HAND** soap. Rinse thoroughly and *let air dry* in the retainer case provided which has air holes.

*****Mouthwash, bleach solutions, denture cleaners, or abrasive toothpaste may harm the device*****

Keep out of reach of small children and pets.

The ProSomnus Sleep Device should be stored in a cool, dry place. Ensure the device is not exposed to extreme temperature in excess of 60°C/140°F