



Frequently Asked Questions

What is the SnoreMD Device

SnoreMD is used to gently hold your lower jaw in a slightly forward position with its patented repositioning technology. This technology will help open your air way to breathe easier while sleeping at night.

It is a similar shape to a mouth guard but has been designed for comfort while sleeping. With 10 x 1mm adjustable micro settings to match a patient's jaw for comfort, the SnoreMD is easy to use and low risk.

The SnoreMD is a Class 1 Medical device.

When I use the SnoreMD at night, saliva builds up in my mouth. What should I do?

The saliva build up is natural so there is no need to worry; the SnoreMD is designed so that you may swallow the saliva to prevent it from causing any discomfort.

Why is the SnoreMD positioned at a higher price than other Snoring mouth guards?

The SnoreMD has specially designed technology which is patented called Mandibular Repositioning technology. This means that the SnoreMD can be adjusted to suit the patient's snoring without having to remould and guess the ultimate position.

Similar devices from Dentists could cost up to \$1500 not including servicing and dental fees. Other cheaper alternatives do not allow you to adjust the device and create the most comfortable position unless you remould the mouth guard. This is only allowed up to three times until the device is no longer usable. The SnoreMD is made with dental grade copolymers which ensures high quality and longevity.

Can I use the SnoreMD with Dentures?

For people with partial dentures, if there are enough teeth in the front to hold the device securely in place, then the SnoreMD may be an option for you. However, the SnoreMD is not recommended for individuals with full dentures.

Because SnoreMD holds your jaw in a slightly forward position, having dentures may not keep the SnoreMD in a secure position throughout the night. By taking out the dentures at night, there may not be enough hold between the SnoreMD and the gums to keep the device secure throughout the night.

NB: SnoreMD may be suitable for patients wearing partial dentures.

What is the SnoreMD's guarantee?

SnoreMD is guaranteed for a refund or replacement within 30 days of purchase.

Can I use the SnoreMD if I grind my teeth?

The SnoreMD can be used by individuals who grind their teeth as the SnoreMD holds your teeth in place during the night, and there is enough cushioning material between the teeth to keep the teeth from making contact. The SnoreMD can potentially replace the current mouthguard being used for grinding.

Does SnoreMD cause TMJ /TMD (Temporomandibular Joint Disorders) and pain after use?

Unlike other products that lock your jaw into a setting, SnoreMD's design provides microcalibration. If your jaw feels uncomfortable, just reduce the settings to bring back the advancement of SnoreMD until more comfortable.

What are the Benefits of using SnoreMD?

The SnoreMD device may reduce snoring by bringing your lower jaw forward to open your airway to breathe easier at night. SnoreMD is a Class 1 medical device which means it is less evasive than some other snoring devices. The patented, one of a kind adjustability technology allows for easy use and optimum positioning. The dental grade copolymers mean that the SnoreMD is made from high quality materials and long lasting. The SnoreMD is made to be portable so it is also easy to take on holidays or business trips.



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Is the SnoreMD easy to fit?

Fitting is quick and easy. Immerse the device in boiling water for 30 seconds. After dipping it in cool water for a couple of seconds to remove any residual boiling water, SnoreMD is placed in your mouth and self-moulded for 30 seconds.

This process can be repeated 2-3 times. A step-by-step Instruction Guide is included in the SnoreMD kit. Alternatively, you can view the Fitting tutorial video that can be found on the website. We highly suggest it be read in detail or the tutorial watched in its entirety before fitting SnoreMD.

How long does it take to feel comfortable with SnoreMD?

Typically, the adjustment period takes about 3-5 nights of consistent use. It is perfectly normal for your jaw, teeth, and gums to feel moderately sore and fatigued at first as this is a foreign object that you are introducing into your mouth. This may feel much like getting braces or a retainer for the first time.

If you consider the amount of time you have been suffering from snoring, a few days is a short amount of time to persevere to get a good night sleep.

Can I breathe through my mouth while wearing SnoreMD?

Yes! SnoreMD lets you breathe completely naturally, through your mouth and nose. We recommend you do not buy any device that restricts breathing through your mouth or nose.

How do I clean my SnoreMD?

The SnoreMD can be cleaned by using a toothbrush and toothpaste.

How do I store my SnoreMD?

Store your cleaned SnoreMD in the supplied case. This ensures that it will retain its shape and prevent accidental damage.

How often should the SnoreMD be replaced?

Each SnoreMD undergoes normal wear and tear through the course of nightly use. We recommend replacing the unit every 12 months. Some individuals grind their teeth (bruxism), more than others and therefore may need to replace it more often.

When can I see benefits?

The benefits of a good night's sleep and waking up feeling refreshed can begin immediately! We recommend allowing several weeks for the body to become used to sleeping with the SnoreMD device.



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