Somnofit®-S

anti-snore mouth guard

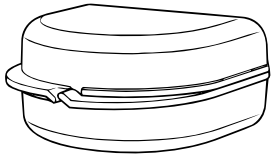


SCAN ME FOR VIDEO INSTRUCTIONS

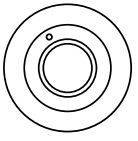
Quick Start Guide

Amazon customer? See the back cover of this booklet.

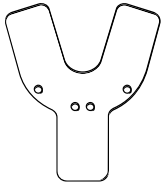
What's in the box:



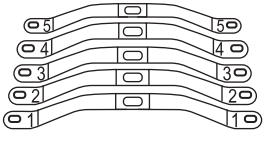
Storage box



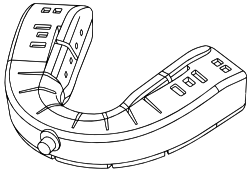
Water temp indicator



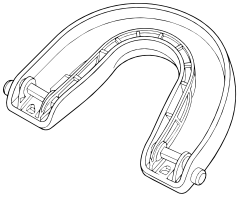
Y-shaped bite plate



Straps 1-5

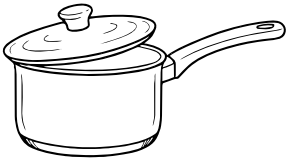


Upper molding

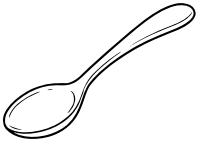


Lower molding

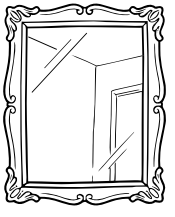
You will need:



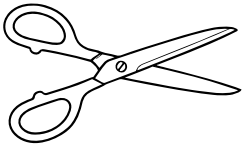
Saucepan



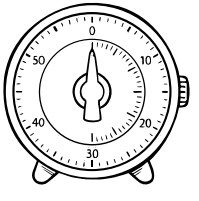
Spoon



Mirror



Scissors



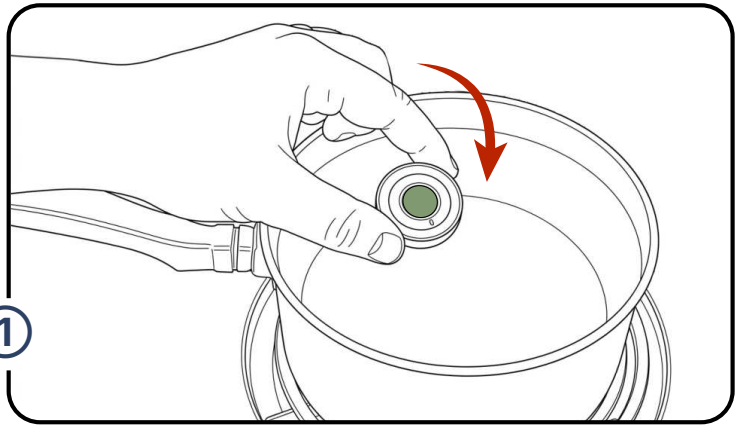
Timer



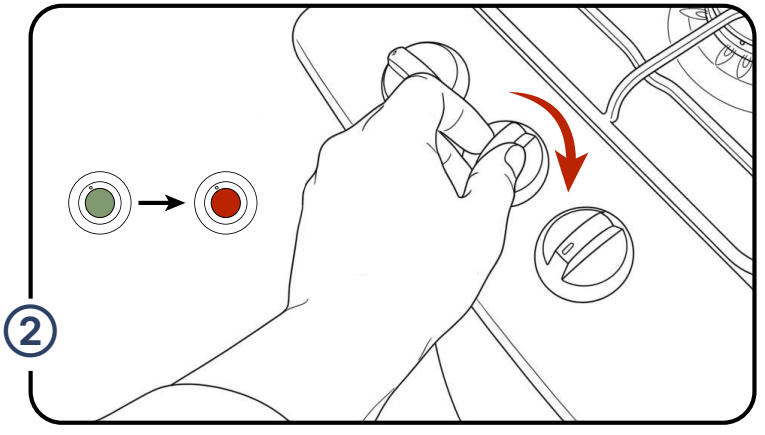
Glass of water

NOTE:
The molding process is time sensitive. Read pages 2, 3, and 4 carefully before starting.

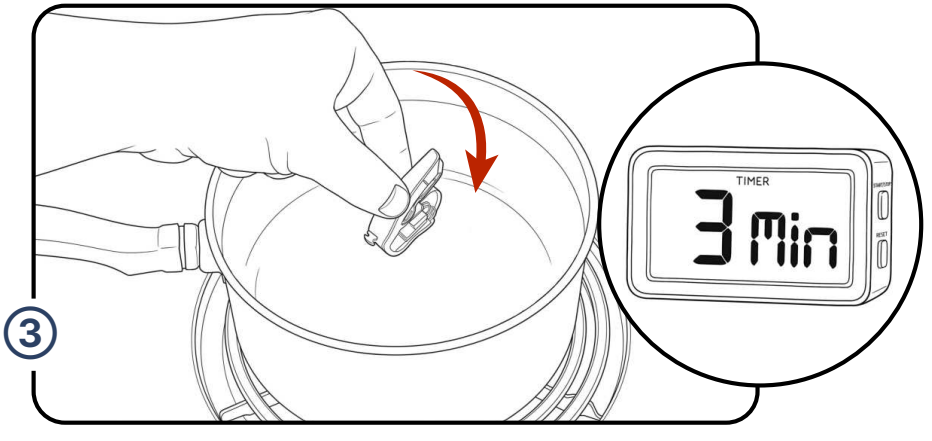
Heat water (upper molding first)



Fill the pan with 3 inches cold water and insert the temp indicator.

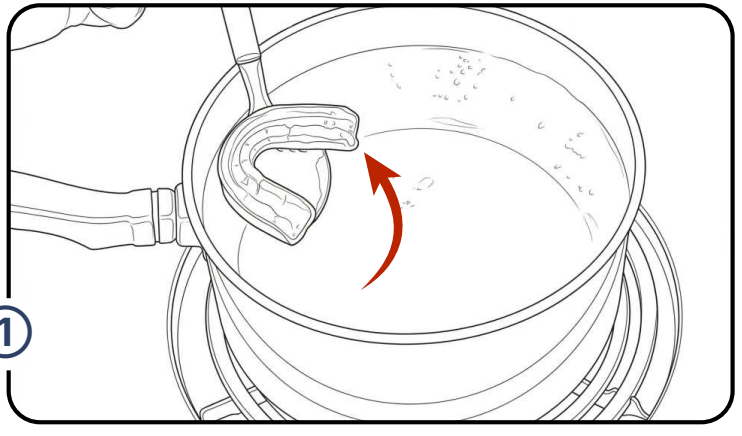


Heat until temp indicator turns from green to red. **! DO NOT BOIL** Turn off heat.

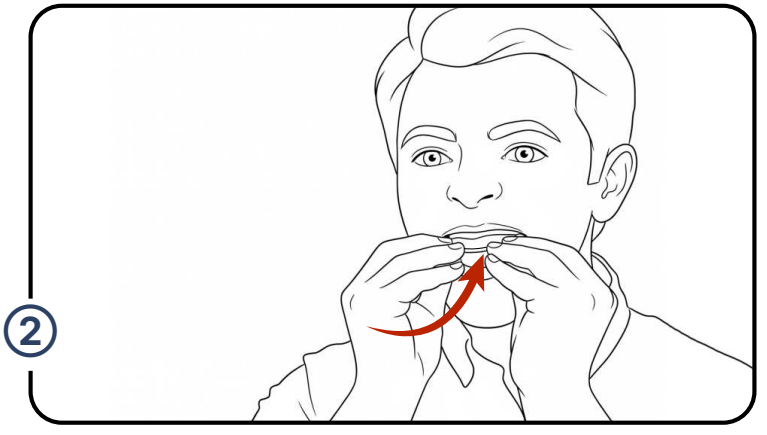


Soak the upper molding for 3 minutes.Leave it floating and gently swirl the water occasionally. Do not submerge, push down, or let it touch the utensils. It will get stuck.

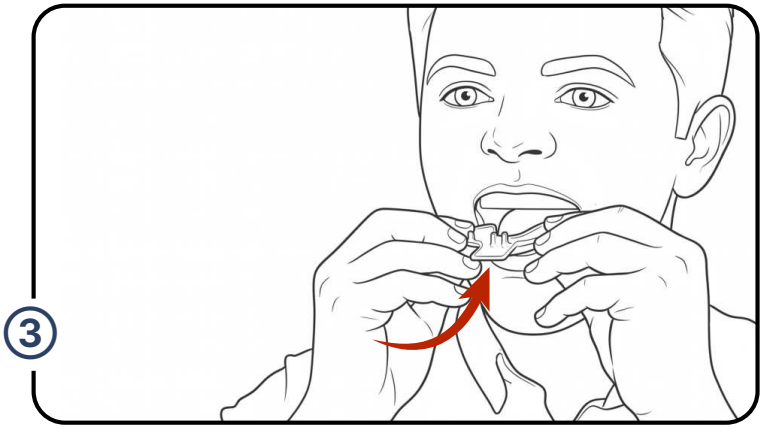
Mold Upper Molding (you will need Y-plate)



Remove with spoon; shake 1-2 seconds to remove hot water. **ACT FAST** Mold within 15 seconds of removal from pan

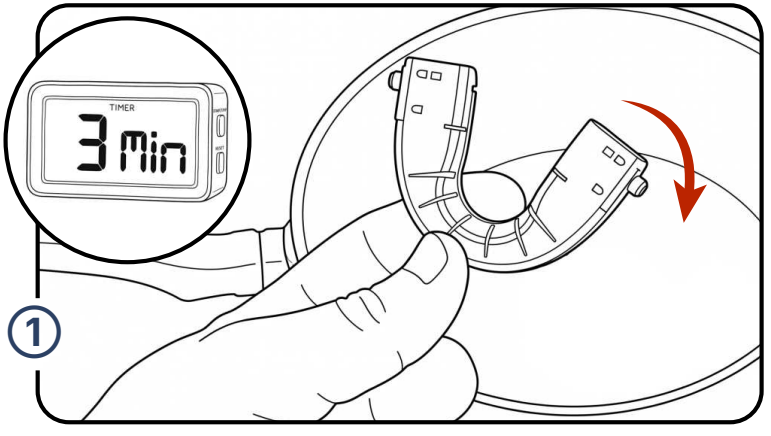


Align center hook with the gap between top front teeth. Press firmly over teeth/molars.

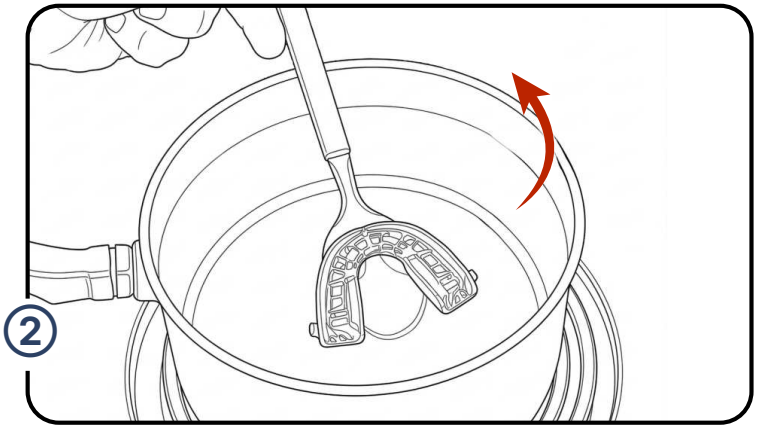


Insert Y-shaped bite plate beneath the upper molding. Bite firmly for 10 seconds. Apply pressure with fingers on the sides of the molding to shape against your teeth. Remove Y-plate, keep upper molding in mouth for the next step. Rinse with cold water.

Mold Lower Molding (Don’t use Y-plate)



Follow steps 2 and 3 from this guide without using the Y-plate.



Remove with spoon; shake 1-2 seconds to remove hot water. **ACT FAST** Mold within 15 seconds of removal from pan.



Align beneath the upper molding still in mouth. Press firmly over teeth/molars. Bite firmly for 10 seconds + Apply pressure with fingers on the sides of the molding to shape against your teeth. Rinse with cold water.

Quick Fit Check

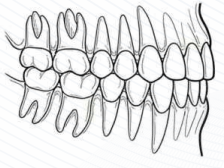
Good fit: clear tooth imprints (especially back molars). Fits snug, not slipping off of teeth.

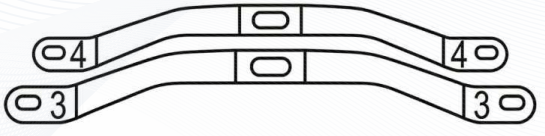
If slipping or loose: a remold is recommended. *(remolding tips on Page 8)*. Each tray can be remolded up to 3 times.

Choose a Starting Strap

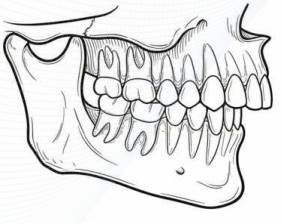
New or sensitive users can start with strap 2 to adjust to wearing the device

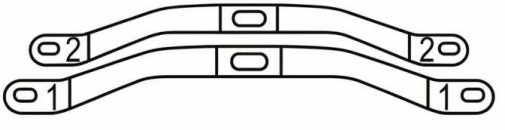
Common bite
Start with strap number 3 or 4



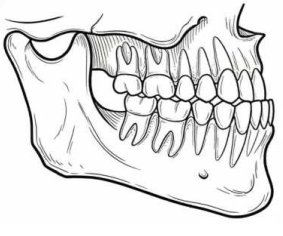


Overbite
Start with strap number 1 or 2



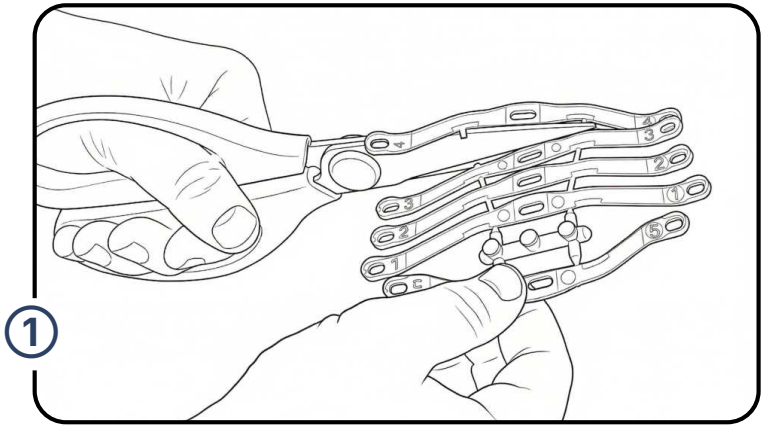


Underbite
Start with strap number 5

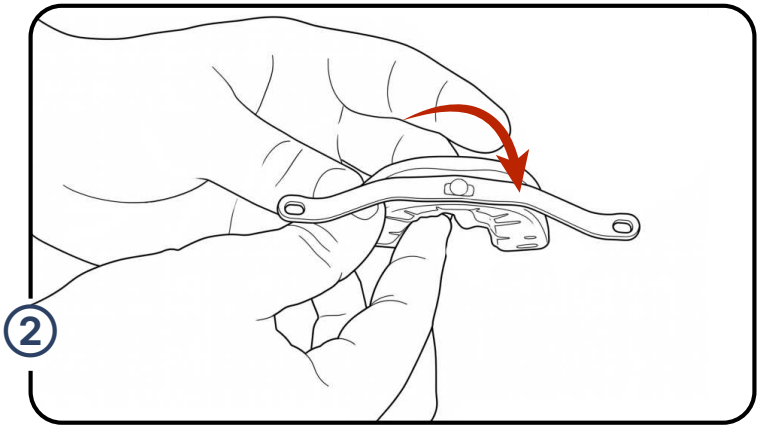




Attach the Strap

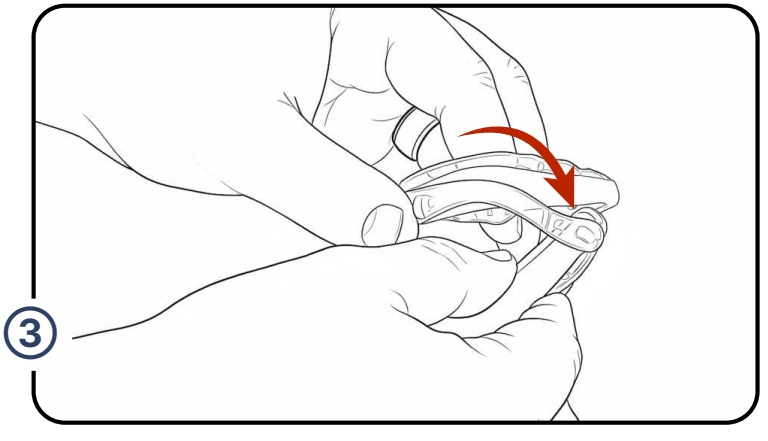


Use scissors to remove your chosen strap.



Attach strap to lower molding hooks, turn to lock them in.

Tip: Flat side of the strap should be making contact with the lower molding.



Attach upper molding hook to the strap, turn to lock it in.

Your Somnofit-S is ready for use.



NOTE: It can take 1-3 weeks to adjust to Somnofit-S use, especially for new users. Some discomfort/drooling is normal.

Have questions or concerns?

Scan the QR code to contact us:
OR
Email: support@snorelessnow.com
Phone: (240) 732-1655

SCAN ME

Continue for Quick Troubleshooting Tips & 120-Night Money-Back Guarantee →

Troubleshooting:

Remolding Tips (loose fit)

1. For a deeper impression: restart molding steps 2,3, & 4 for the loose molding(s), but add the following step when heating the water:
2. When temp. indicator turns from green to red, leave heat ON 15-20 seconds longer. Turn heat off.
3. Continue molding using the previous steps. This will make the molding material softer and more pliable for a deeper impression.

Comfort / Still Snoring Tips

1. Fit too tight: dip 5-10 seconds in hot water, bite into same impression.
2. Clear molding material poking tongue or gums: heat water and soak the sharp edge for 15 seconds, trim with scissors or knife.
3. Jaw sore: drop one strap size down for a few nights.

Comfortable But Still Snoring:

1. Move up one strap size at a time. Progress to strap #5.
2. Try each strap for 3-5 nights.
3. Still snoring: go up one.
4. Too uncomfortable: go down one.
5. Need help? Email support@snorelessnow.com.

How To Clean

Daily

Brush + rinse, air-dry, and store in case.

Deep Clean

Use retainer/denture cleaning tablets (e.g., Efferdent, Polident)

OR

Soak in 1 part 3% hydrogen peroxide + 5 parts water for 5 minutes (max once weekly)

Important note: Avoid harsh cleaners like bleach, ammonia, or alcohol-based mouthwash.

120-Night Money Back Guarantee

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