

SomnoMed Titration Instructions

Needed for titration: a driver ---same gauge as a sterile paper clip

1. Ask the patient this question. The answer to this would have been included on the letter that had been sent to you. **“If we need to adjust your device throughout the night, would your jaw be able to tolerate further adjustment?”**
 - **“If no”** – measure the distance in between the two movable parts of the hinge. (See video.) (NOTE: Even if there is no distance between the two parts, this appliance is made with a ‘built’ in protrusion of approximately 70-80% of a person’s capable protrusion distance. There is no need to record this.)
 - **“If yes”** measure the distance in between the two movable parts of the hinge. (See video.) (NOTE: Even if there is no distance between the two parts, this appliance is made with a ‘built’ in protrusion of approximately 70-80% of a person’s capable protrusion distance. There is no need to record this..)
2. During the test, the patient should insert their appliance based on prior directions from our office. After the test has begun and events are still occurring, have the patient remove the device. Most are capable of adjusting their own devices. Those that are not, see video instructions on adjusting the SomnoMed.

Insert the adjustment key in the hole of the titration screw on the upper component of the SomnoDent® MAS. Each quarter turn is 1/10mm.

To advance the mandible, use the key to turn the screw in the direction of the arrow marked on the upper component of the SomnoDent® MAS. (With the OA facing you, the arrow on the right side points down. The arrow on the left side points upward. Note: Make sure to advance the device equally on both sides.)

To reduce advancement, turn the key in the opposite direction to the arrow.

3. At the end of the study, notate how many mm are present between the two adjustment parts.
4. IF distance was added it is IMPORTANT for the patient to call us as soon as possible. Once confirmed effectiveness and ideal position is determined, we may need to back up the appliance slightly and slowly guide him/her back to ideal protrusive distance. NOT DOING THIS MAY LEAD TO TMD SYMPTOMS and oral appliance may need to be postponed dependent on amount of symptoms.