



the **Slide**^{zzz}

LeBlanc^{zzz}
Dental Products

Patient Guide

www.slide2sleep.com

Device Description

The Slide® Sleep Appliance is a prescribed intraoral device worn while sleeping in order to reduce nighttime snoring and mild to moderate obstructive sleep apnea (OSA). Snoring and OSA is caused by partial or complete closure of the muscle in the upper airway (pharyngeal space). The device uses two splints joined by two parallel sliding connectors that position the lower jaw forward and open from its normal location. This forward protrusion opens up the upper airway reducing obstructions during sleep. The prescribing dentist or physician determines the exact repositioning of the lower bite. Its simplistic design allows for the forward displacement to be adjusted without the use of specialized tools using different sized spacers. Adjustments are initially made in the prescribing dentist or physician office, further adjustments can be made depending on relief of symptoms and comfort while sleeping.

The Slide Sleep Appliance kit consists of one Slide device (046-1000 or 046-1500), Reusable Storage Case & Spacer Container containing 0-8mm spacers.

the Slide® Acrylic



or

the Slide® Nylon



+



Reusable Storage Case

+



Spacer Container

Indications for Use

The Slide Sleep Appliance is for use to reduce night-time snoring and mild to moderate obstructive sleep apnea (OSA) in adults.

Precautions

Prescribers should consider the medical history of the patient, including history of asthma, breathing, or respiratory disorders, or other relevant health problems and refer the patient to the appropriate healthcare provider before prescribing these devices. Read all instructions before using the Slide.

Prescription Use Only

CAUTION: Federal law restricts this device to sale by or on the order of a qualified dentist or physician.

Contraindications

The Slide is contraindicated for patients who:

- Have central sleep apnea.
- Have severe respiratory symptoms.
- Have loose teeth or advanced periodontal disease.
- Are under 18 years of age.

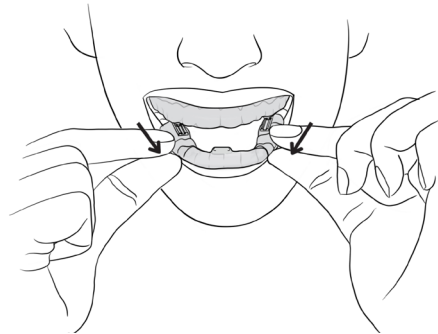
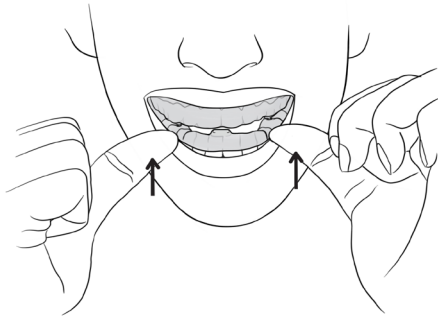
Warnings

Use of the Slide may cause:

- Tooth movement or changes in dental occlusion.
- Gingival or dental soreness.
- Pain or soreness to the temporomandibular joint.
- Obstruction of oral breathing.
- Excessive Salivation.
- Dry mouth.

Daily Use Instructions

- Brush and floss teeth before device use.
- Prior to use inspect the device for signs of damage including cracking, part separation from splint, splint deformation, etc. DO NOT use if there are physical signs of damage.
- The Slide should be placed in the mouth prior to the entire sleep period and worn for the entire sleep period duration.
- Slide the upper and lower jaw splints together before use and insert the device into the mouth. NOTE: Ensure both sides of the appliance are engaged before inserting into the mouth. Ensure both the upper and lower splints fit completely over the teeth.
- Remove device by using thumbs to assist in lifting the lower splint and sliding it forward to separate it from the upper splint. Next, remove upper splint by pulling downward and remove from mouth.

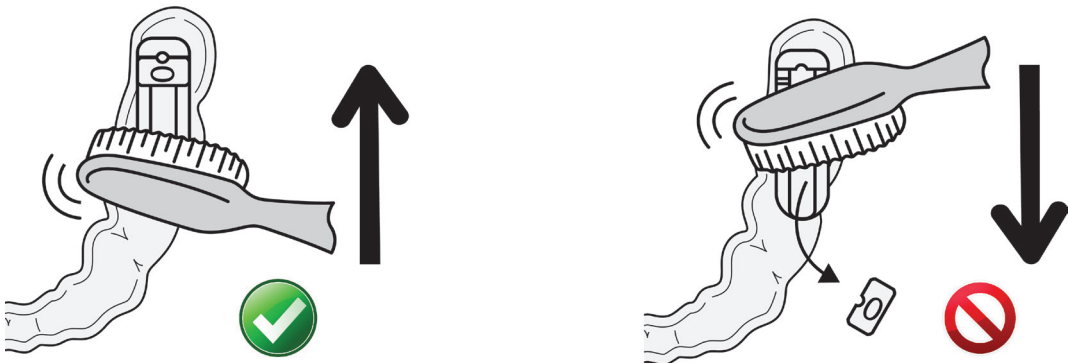


- AM Positioner (not included or provided by Slide): Each morning after removal and cleaning of the appliance, allow the jaw to move freely and relax for 10-15 minutes while you go about your morning routine. Use the AM Positioner as directed by its Instructions for Use. Failure to use the positioner may cause bite changes, TMJ problems, joint discomfort, and future pain.

Cleaning and Storage

- Each morning, clean the device with mild detergent soap, cool water (not to exceed 45 °C / 113 °F), and a soft bristle toothbrush. Place the appliance in a cup or bowl. Fill the container with cold water and place one Polident® 3 Denture Tablet (not included). Remove the appliance from the container after 3 minutes, rinse with water, and store in the case.
 - Do NOT leave the appliance in cleaning solution for extremely long periods.
 - ALWAYS clean your Slide Sleep Appliance after each use. Clean the reusable storage case as needed.
 - DO NOT use warm or hot water as it can lead to device deformation.
 - DO NOT use mouthwash or toothpaste as it can lead to material deterioration.
- Ensure the device is dry before storage, shake off residual water.
- Store the device in the provided storage case in a cool, dry location when not in use.
- Do NOT leave the appliance where a pet or children can reach. Damage from any external source is not covered in the warranty (see slide2sleep.com)

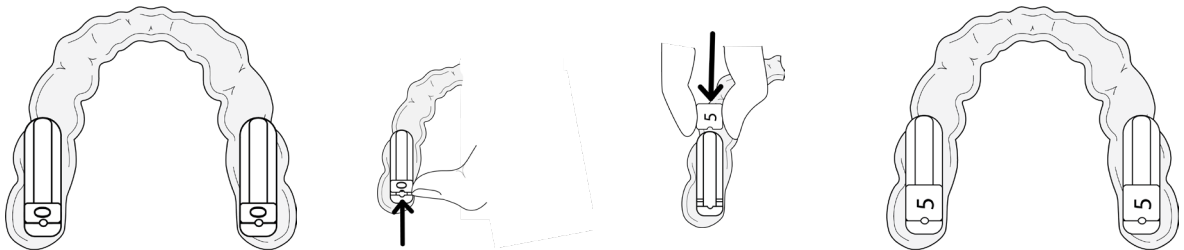
Note: Brushing may cause spacer to come loose while cleaning. Brush along the Rail connector towards the spacer to prevent spacer from coming loose during cleaning.



Fit Adjustment

Adjustments should be made initially by the prescribing dentist or physician. If the device does not reduce night-time snoring and/or mild to moderate OSA symptoms follow dentist or physician instructions regarding fit adjustment or contact your dentist or physician to ask if a fit adjustment should be made. The spacers are embossed with the approximate forward advancement ranging from 0mm to 8mm in 1mm increments.

- To adjust the forward position of the device, slide the two splints off of each other.
- Remove the current Spacers from both splints. Tip: If the spacers are tight, a small tool can be used to remove spacers from the splints.
- Select the new desired spacer size and place the new spacers onto the splints. Ensure both spacers are the same size and the notch on the spacer is oriented to the back wall of the splint. Move the spacer until a click is felt when the notch slides over the bump on the rail.
- Place the old spacers back onto the spacer holder.
- Slide the two splints back together, device is ready for use!



Appliance Replacement

Appliance replacement signs are cracking, sliding component deformation, sliding components separating from splint, splint deformation, and failure of the device to maintain retention in the patient’s mouth. Talk to your dentist or physician if you feel you need a replacement device due to damage, or if the device does not provide relief to snoring and OSA symptoms. Lost spacers may be ordered separately by the dentist or physician or by the patient directly at www.slide2sleep.com (SKU 046-1100 Slide 0mm Replacement Spacers - 10 pack or SKU 046-1101 Slide 0-8mm Replacement Spacer set - 2 pack).

Symbols

REF	Catalogue Number	Rx Only	Prescription Use Only		Single Patient, Multiple Uses		Keep Away From Rain		Non-sterile Device
LOT	Batch Code (Lot Number)		Consult Instructions for Use		Date of Manufacture		Upper Temperature Limits		

Parts and Accessories

Component	Part Number (SKU)
the Slide® Acrylic Sleep Kit	046-1000
the Slide® Nylon Sleep Kit	046-1500
Slide 0mm Replacement Spacers - 10 pack	046-1100
Slide 0-8mm Replacement Spacer set - 2 pack	046-1101

PATENT PENDING



Simply Better Sleep.

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