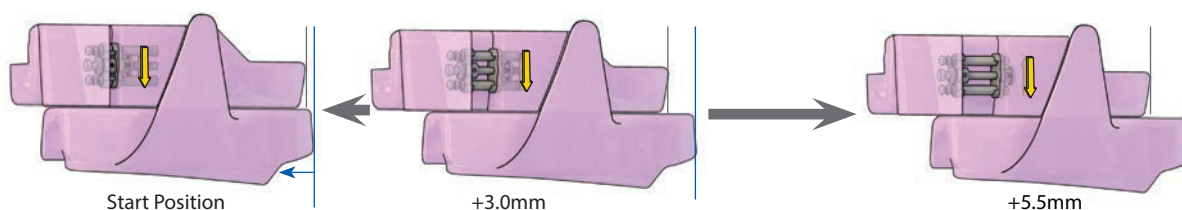


GET TO KNOW YOUR FLEX

This guide will help you identify the different parts of your new SomnoDent FLEX.

ADJUST YOUR FLEX



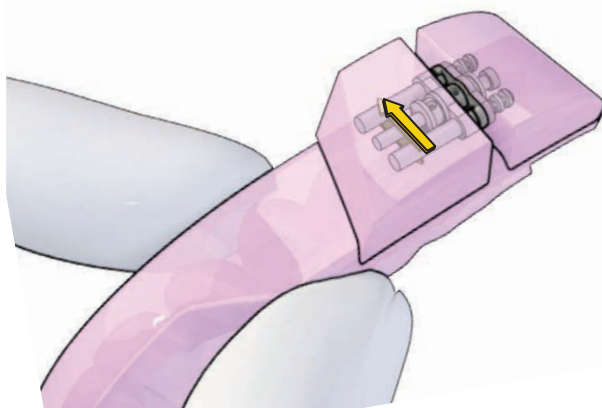
| | REVERSE ← | → FORWARD | | | | | | | | | | | |
|-----------------|-----------|-----------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|--|
| 90° TURNS | - 5 | 1 | 5 | 10 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | |
| Adjustment (mm) | -0.5 | 0.1 | 0.5 | 1.0 | 2.0 | 2.5 | 3.0 | 3.5 | 4.0 | 4.5 | 5.0 | 5.5 | |

Your SomnoDent can be adjusted within a 6.0mm range, giving you control of your treatment to find the best possible jaw position to control your symptoms.

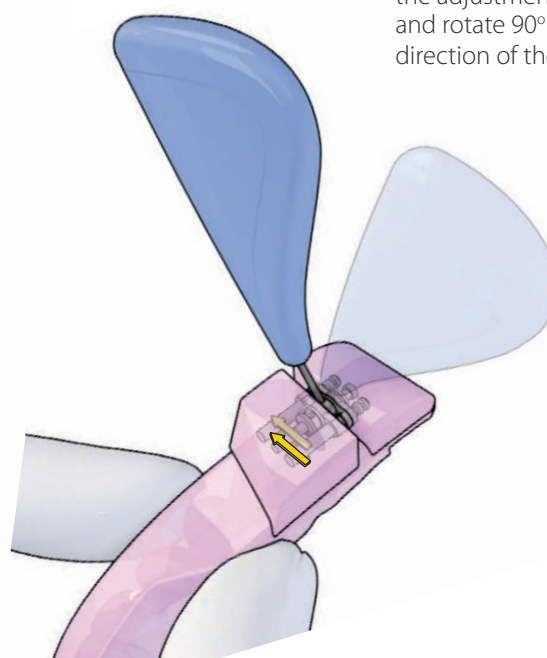
Simply fit the calibration tool into the keyhole and rotate 90° for a precise 0.1mm adjustment. Make sure you adjust both sides evenly.

FORWARD ADJUSTMENT

- 1 Hold Upper with calibration screw facing toward you.



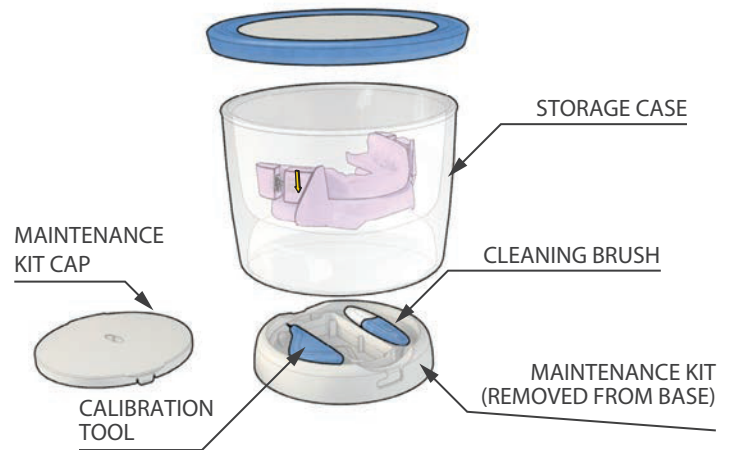
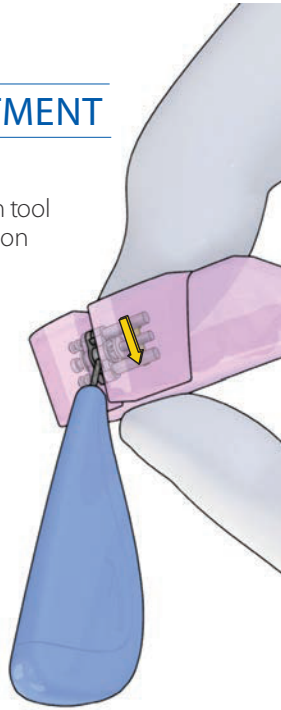
- 2 Fit your calibration tool into the adjustment keyhole and rotate 90° in the direction of the arrow.



IMPORTANT
NOTE TO COUNT
YOUR TURNS

BACKWARD ADJUSTMENT

- 3 Rotate your calibration tool in the opposite direction of the arrow.



ACCESSORIES

During the day, or when not in use, rinse and dry your device then place it in the storage container with the lid off. The maintenance kit in the base holds everything you need to use and maintain your SomnoDent. Always follow the cleaning instructions to be sure your SomnoDent is kept in top condition.

Keep a log of your Flex Calibration settings.

| Date | Number of 90° Rotations |
|------|-------------------------|
| | |
| | |
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| | |

| Date | Number of 90° Rotations |
|------|-------------------------|
| | |
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