

SOMNOMED'S MORNING REPOSITIONER **A bite deprogrammer designed to return the** **mandible to its normal position**



The Morning Repositioner is a hands-free bite deprogrammer designed to stabilize the lower jaw and return the mandible to its normal position. The unique design incorporates raised blocks of compressed material, strategically placed above the bicuspid; thereby directing clenching force straight down towards the root, as opposed to laterally or anteroposterior.

When biting down the only occlusal contact should be on the raised blocks. These isometric exercises are intended to activate the masseter muscles and relax the pterygoid muscles in the hope of minimising mandibular posturing forward.

By performing exercises with a Morning Repositioner after overnight use of an intraoral advancement device, your patients bite should quickly return to its centric position.

It is recommended that patients perform clenching exercises every morning upon removal of their SomnoDent device. Instructions can be found overleaf.

For advice or to order, please contact:

 info@lf-mg.com

 + 385 (1) 24 44 646



INSTRUCTIONS FOR CLENCHING EXERCISES

1. Upon removal of the SomnoDent device, place the Morning repositioner onto your lower teeth.
2. Place the tip of your tongue as far back on the roof of your mouth as you can. Whilst the tongue is in this position, close down onto the Morning Repositioner.
3. Keeping your mouth firmly closed in this position, you can now relax your tongue.
4. Clench as firmly as you can and hold this clench until it becomes uncomfortable to do so. *You can expect to feel some discomfort, this is normal.*
5. When you can no longer tolerate the discomfort, release the jaw pressure slightly while trying to slide your lower jaw further back. Once again, clench as hard and as long as you can.
6. After performing a couple of clenching exercises, it is recommended that you massage your mandibular muscles with your fingers to help relax the muscles. Repeat steps 2 through 5.

Ideally these clenching exercises should be performed for about 10 minutes every morning.

 **SomnoMed**[®]

SomnoMed AG is ISO 13485-certified

Somnomed products are registered in:

EU, Switzerland, United States, Canada, Australia, South Korea,
Japan, Hong Kong

Somnomed products are patented medical devices.

www.somnomed.com