



Dentist's Practical Guide

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TABLE OF CONTENTS

INTRODUCTION	2
MINIMUM REQUIREMENTS & PRODUCT FEATURES	3
Minimum Tooth Requirements per Quadrant	3
CLEANING	4
Cleaning Methods (2 Options)	4
Cautions	4
DESIGN PHILOSOPHY	5
TAKING RECORDS	6
TITRATION PROTOCOL RECOMMENDATIONS	7
Advancement	7
Possible Combinations	7
BITE TAKING & INTRAORAL SCANNING	8
Bite Record Selection	8
Bite Registration	8
BITE REGISTRATION & SCANNING TIPS	10
AM REPOSITIONER	11
SUBMITTING CASES	12
Registering for a Resident Account	12
Submitting Cases and Orders on Resident	12
WARRANTY	13

INTRODUCTION

Good Sleep Co. stands as a champion in the realm of sleep solutions. We join our dental providers driven by a heroic mission to combat snoring and Obstructive Sleep Apnea. We are dedicated to empowering patients to reclaim their well-being by developing products that provide comfort, ease-of-use, and effective treatment.

Every interaction is an opportunity to support and guide patients on their journey to better sleep. We have developed Sleepcare™, a patient mobile app that sends timely reminders such as (clean their device, change their advancement, perform a titration home sleep study, appointments and more), all while providing encouragement towards treatment adherence and better health.

We are also excited to introduce you to Resdent™, a no-cost DSM portal that promotes transparency with built-in patient communication, real-time order tracking and more.

In a world where sleep is often sacrificed, Good Sleep Co. joins you as a champion of sleep, with the expertise and passion to transform lives one night at a time.

Welcome to Good Sleep Co.!

Joel Simpson, CEO





MINIMUM REQUIREMENTS & PRODUCT FEATURES

Minimum Tooth Requirements per Quadrant

2 teeth per quadrant (4 per arch)

- Maxillary: canine or 1st or 2nd molar, or other posterior or canine
- Mandibular: 2nd or 1st premolar + 2 posterior

Patients with TMJ Sensitivity or Pain

- Designed within the occlusal plane
- Adds stability and minimizes tooth movement

Device Features

- Optimizes tongue space, enhanced effectiveness
- Smaller, lower profile, enhanced comfort
- Aligned within Occlusal plane, minimizes side effects
- Retention customization options (Upper and Lower molar absence)
- Retention for short teeth (using IP when necessary)
- Freedom of movement, allowing lateral movement for bruxers
- Ability to add bands to promote nasal breathing

Materials

- 100% Nylon Polyamide 12: (no "plastic" titration rods, clips, and no metal)
- CAD/CAM, AI assisted - 3D Printed
- Polishing Technique - discourages staining, less porosity
- Durable yet flexible
- Biocompatible
- No BPA's, no phthalates, no PFAS, no glute

CLEANING

Cleaning Methods (2 Options)

1. Foam cleaning (solution available for purchase)



Cleaning Solution

Liquid solution sanitizes in just 3 min.
Removes 99.9% of bacteria
Neutralizes stains and odors, for a spotless appliance with a refreshing after-taste
Use as package directed

2. Mild Toothpaste Cleaning Instructions

After each use:

1. Gently brush your device with a soft toothbrush and low abrasive toothpaste. Rinse with lukewarm water.
2. Soak your appliance in a gentle denture cleaning solution (sold in local drug stores) minimally once a week. Follow manufacturer's user instructions.
3. After soaking, rinse your device well to completely remove any remaining solution.
4. Let your appliance air dry completely or dry it with a soft cloth completely before putting it away in its container. If it's not dry yet, leave the container open so it can dry thoroughly.

Cautions

1. Before choosing a cleanser make sure that you are not allergic to any of its ingredients.
2. Do not soak in water that is warmer than 45 °C / 113 °F
3. For cleaning, using a low abrasive, non-whitening toothpaste.
4. Do not use mouthwash, chlorine-based products, bleach, alcohol or any household cleaning products.
5. Light can cause discoloration (yellowing), KEEP OUT OF LIGHT.
6. Keep device clean and completely dry in its case, do not close lid on a wet device.
7. Keep your appliance away from pets



DESIGN PHILOSOPHY

- Avoids anterior teeth contact
- 90° dorsal fin promotes mouth closure and minimizes force on TMJ
- 3 Upper and 3 Lower Trays with 6 advancement combinations
- Retention is established on the undercut
- Elastics standard



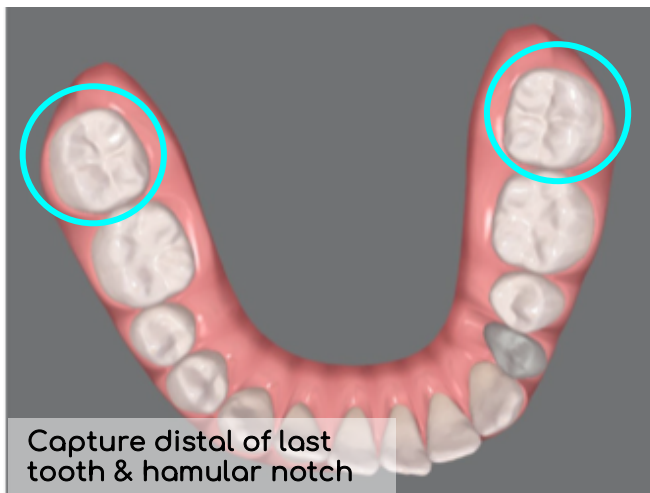
TAKING RECORDS

Scans must capture:

- All of the dentition and retromolar pad
- The distal of the last tooth and hamular notch
- 3-5mm gingiva margin
- Edentulous areas and (when present) all of the 3rd molar if possible

Please note that the bite registration needs a minimum **4mm vertical** in the posterior.

Connect your scanner and send the scans.



Maximum protrusion bite:

We will set the starting point at 60% of the max protrusion bite captured.

Starting point bite:

The dentist sets the starting of the max protrusion bite captured point with the bite registration.

If the protrusion is straight or if there is a deviation to the left or right upon protrusion, this must be identified in the order notes for the lab.

Also use the note section to place comments, including those associated with weak teeth, or requiring a block out.

TITRATION PROTOCOL RECOMMENDATIONS

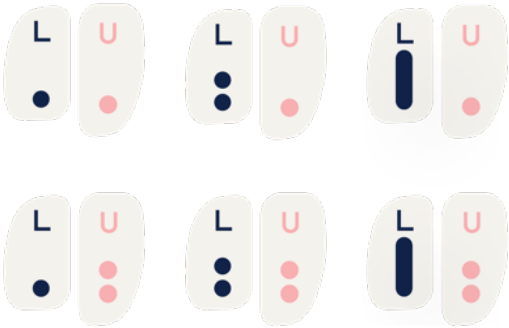
Incremental increases between 50% and 90% of maximum protrusion from U1/L1 (the starting bite position) to U2/L3 (the furthest protrusion).

Customizations can include change of starting position and extended end point to max protrusion, please indicate in the order form notes section.

Advancement

Patients are supplied with 'Upper' (U) and 'Lower' (L) arches for their device.

U1 / U2 / L1 / L2 / L3
Possible Combinations

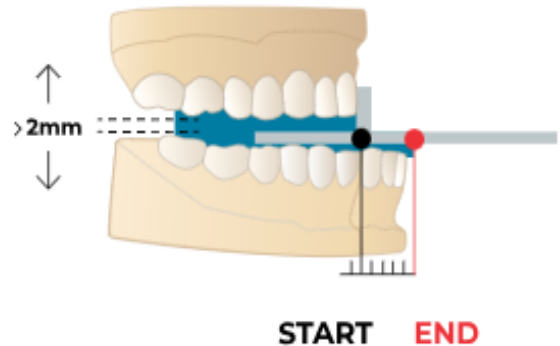
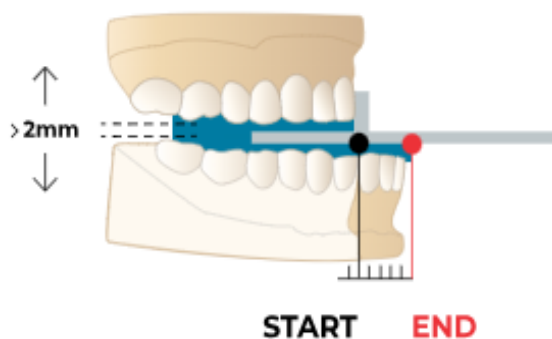


Upper	U1 •	U1 •	U1 •	U2 ••	U2 ••	U2 ••
Lower	L1 •	L2 ••	L3 •••	L1 •	L2 ••	L3 •••
mm	0mm	1mm	2mm	3mm	4mm	5mm

BITE TAKING & INTRAORAL SCANNING

Bite Record Selection

- The first indication is the bite registration taken at Maximum protrusion
- The appliance will be set at $\pm 50\%$ of the bite protrusion provided, to allow incremental forward movement up to the maximum protrusion bite provided.

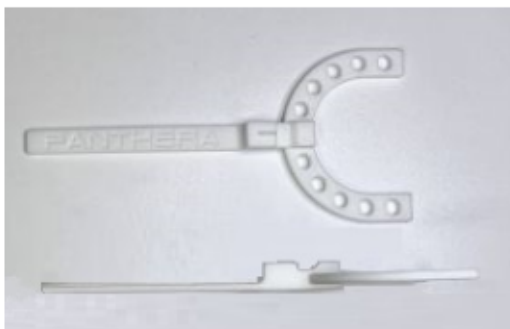


The second choice is the Starting Point Bite. The appliance will be set to start at the provided bite position, to allow incremental forward movement.

Bite Registration

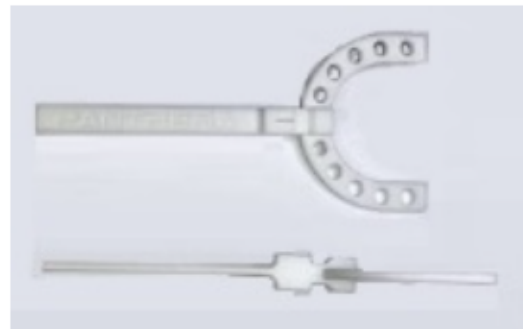
The single sided bite fork allows for a maximum protrusion bite. The double-sided bite fork allows for an end-to-end bite registration.

SINGLE SIDED



Maximum protrusion bite registration

DOUBLE SIDED



End-to-end bite registration

Select your chosen Bite, **Good Sleep Co** recommends working with the maximum protrusive bite to ensure the patient receives as large a titration range as possible.

Single-sided Bite Fork Best Practices

Open the mouth and insert the single-sided bite fork, aligning the upper incisors into the notch. Slide the lower jaw to maximum protrusion without straining the jaw joints. Repeat 5 to 6 times. Observe the midline upon protrusion, if not straight this must be added to the order form.



Double-sided Bite Fork Best Practices

Open the mouth and insert the double-sided bite fork, aligning the upper and lower incisors into the notches. Observe the midline upon protrusion if not straight this must be added to the order form.



BITE REGISTRATION & SCANNING TIPS



TIP: Stabilize the Position

Insert a small amount of quick set bite material between the teeth from molar to canine on each side to stabilize the bite position. Allow material to set, this will hold the position reducing risk of a bad scan. Scan the protrusive bite in a stabilized position: Once the position is stabilized, scan both arches and simply scan each side of the bite capturing the buccal of both arches.



TIP How To SCAN: Trim, Retract, Scan

1. **Trim** any excess bite registration material off the buccal using a Bard-Parker knife with a #25 blade. Place the bite fork with registration material back into the patient's mouth so that the teeth align with the registration marks.
2. **Retract** the left cheek gently, and place the scanner as distally as possible.
3. **Scan** in a forward motion moving the scanner up and downward covering the buccal of the upper and lower teeth with the scanning wand. Continue to scan from the molars to the cuspid. Repeat the technique on the opposite side. When scanning the bite, avoid causing movement of the mandible, avoidable by taking the left and right scans suggested by the scanner manufacturers.



Closing Tip:

- The scan should capture the entire dentition, void of artifacts and...
- Capture 50% of the 3rd molar when present
- Capture Distal of the last tooth, if possible
- Free end saddle (no palate)
- 3-5mm of gingival tissue all the way around
- Tissue in edentulous areas
- Bite Record with 4mm vertical in the posterior in protrusion

AM REPOSITIONER



- Aimed at correcting the bite back to its usual position
- Comfortable fit and fully adjustable
- The Sleep Care App (via ResDent) sends daily text reminders to your patients through an automated system



Device Delivery Tips

- Remove the invoice from the box.
- Check the device on the model for fit, retention, and design matches your order.
- Rinse device under lukewarm water prior to insertion (alleviates cold sensitivity).
- Determine a painless secure fit. Please note tightness is a normal experience for some patients.
- Allow the patient acclimate while discussing treatment.
- Ask the patient to swallow and ensure the TMJ is not strained.
- Observe the patient inserting and removing the device to ensure they can use the device as directed.
- Instruct the patient on the advancement protocols.



SUBMITTING CASES

Registering for a Resdent Account

<https://app.resdentapp.com/register>

Submitting Cases and Orders on Resdent

For questions or assistance, please contact our customer service representative by calling **1-800-516-1696** or emailing us at **info@goodsleepco.health**.

WARRANTY

Good Sleep Co Sleep devices warrants our mandibular advancement devices to be free from defects in materials and in fabrication for a period of 3 years/36 months from the date of delivery to the providing practitioner. The warranty period for any related remakes or replacement arches is 3 years from the date of manufacture (shipping date) of the *initial device*.

Our Service Warranty covers the device in use, against defects in workmanship and materials. If unsatisfactory material performance is experienced within the service warranty period, the repair or replacement of the device, excluding clinical costs, is covered. The following caveats apply:

- We will replace any device at no charge in case of in-mouth material breakage that is not the result of any modifications that could alter the normal use of the appliance
- The warranty is invalidated if the appliance needs to be remade due to change in the patient's oral anatomy. Or a result of any made modifications that alter the normal use of the device.
- The warranty does not cover accessory parts, bite registration change, improper cleaning, unauthorized modifications or any other non-manufacturing related issues.
- If doctor instructs manufacturer to move forward with an inadequate bite, we will proceed with the bite provided without any warranty
- Good Sleep Co does not guarantee a device fit with distorted patient records. A digital overlay of the first and second scans will be performed to illustrate the areas of concern. We will contact the prescribing doctor with any questions.

Note: Good Sleep Co warranty is applicable to our permanent Mandibular Advancement devices *only*.

For questions or assistance, please contact our customer service representative by calling **1-800-516-1696** or emailing us at **info@goodsleepco.health**.