

# GoodSleepco™

## How to use Hushd Pro Avera - Step by Step



### Congrats!

#### → Congratulations on your purchase!

Each Hushd Pro Avera consists of 2 Upper and 3 Lower dental splints with dorsal fins. The device is designed to advance the lower jaw (mandible) forward to achieve airway opening during sleep. Incremental forward positioning of the jaw is achieved by combining the different Upper and Lower splints.

#### → Better sleep is here

The Hushd Pro Avera device is intended to reduce or alleviate snoring and mild to moderate obstructive sleep apnea (OSA) in adults.

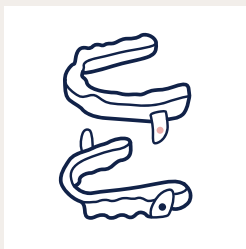


### Step 1

#### → Commence use

Start using the device overnight by putting it in your mouth while you sleep. If your dentist hasn't recommended a starting position, we recommend starting with Upper 1 and Lower 1 arches.

Place the Upper arch on the Upper teeth and push the device in as to perfectly fit the teeth. Next place the Lower arch on the Lower teeth with the same method. Ensure the lower arch dorsal fin is positioned in front of the lower arch dorsal fin. If unsure on the fitting of the device contact your treating practitioner.



### Step 2

#### → After use

Remove one arch at a time pulling from both sides of the arch to apply even and controlled pressure. Remove the arches slowly and carefully.



### Step 3

#### → Clean & Store

Rinse, Dispense Cleaner foam on device and gently brush with a toothbrush, Rinse then Dry.

(Our specialised Cleaner which kills 99.9% of bacteria and extends the lifespan of your device.)

Place Hushd Pro Avera in storage dish until next use.



### Step 4

#### → Repeat use

Continue using the device each night while you sleep. To whiten teeth overnight, dispense Cleaner foam on device then put in your mouth.

Ensure you clean the device after each use.

Review your sleep quality.

(We recommend using our SleepCare app to review your sleep, or speaking to your practitioner about monitoring device options.)



### Reminder

#### → Oral hygiene

Practise good oral hygiene following use including brushing teeth, flossing and anything else recommended by your dentist.

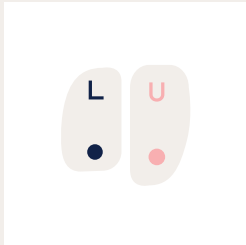
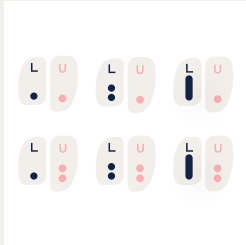
As the Cleaner is also a Whitening formula, it is safe to dispense foam to arches prior to use at night.

SEE OVER



If you would like more information, please contact us:

[hello@goodsleepco.health](mailto:hello@goodsleepco.health)



### Step 5

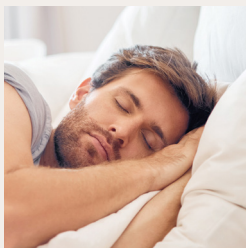
#### → Adjust & record titration

There are 6 possible combinations of arches. The combinations allow you to adjust your device for better quality sleep.

We recommend spending about one week on each combination before progressing. A good indicator is to wait until you are comfortable on your current setting before progressing.

#### IMPORTANT

If you've been instructed by your dentist to change arches only under their supervision, please wait for their instructions before moving between combinations. Otherwise progress forward if not obtaining the desired result. Please note that the sleep score functionality will help determine your treatment path and next steps.



### Step 6

#### → Continue use

Continue using the device each night while you sleep. Ensure you clean it after each use.

Review your sleep quality.