

More comfort

→ Morning Aligner

After you have used a Hushd device, the Morning Aligner may help to relax your jaw back into a more comfortable position.



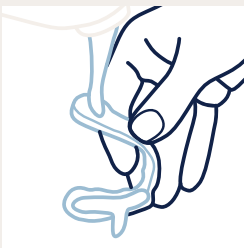
Step 1

→ Morning-after use

After you have used a Hushd device overnight, wait 15 minutes with no device in your mouth, to allow for your bite to go back to a natural position.

After this time, put the Aligner in your mouth for 5-10 minutes, with your teeth and jaw positioned with a natural bite alignment.

(Your upper teeth should fit slightly over your lower teeth and the points of your molars should fit the grooves of the opposite molar.)



Step 2

→ Clean & Store

After use, follow the instructions for 'How to clean your Hushd device'.

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

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

Place in storage dish until next use.