

hushd^{PRO}

AVERA



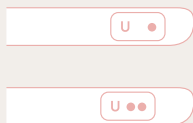
hushd^{PRO}
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Product features

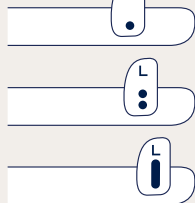
- ✓ 90° dorsal design.
- ✓ 3D printed nylon.
- ✓ Small and strong.
- ✓ Simple titration.
- ✓ Perfect fit.
- ✓ Easy to clean.
- ✓ Optimised for greater tongue space.
- ✓ Customisations available.

Supplied arches

UPPER



LOWER



Patient Review ★★★★★

"It is truly amazing. I barely feel like I am wearing a device, my jaw does not feel overly pushed forward and yet it has completely cured my snoring! No teeth displacement or discomfort after wearing for hours at night. It is a godsend and worth every penny!"

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.

Each Hushd Pro Avera Consists of 2 Upper and 3 Lower dental splints. The 2 Upper dental splints have two protrusive blocks, one on each side. The 3 Lower splints have dorsal fins that engage with the Upper splint blocks. The device is designed to advance the mandible forward to achieve airway opening during sleep. Incremental forward positioning of the jaw is achieved by combining the different Upper and Lower splints.

Using your device

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 Upper arch block. If unsure on the fitting of the device contact the treating practitioner.

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.

Clean & Store

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

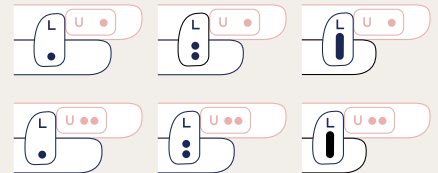
(Our specialised Cleaner which kills 99.9% of bacteria and extends the lifespan of your device.)

Place Hushd Pro Avera in storage dish until next use.

Titration the device

There are 6 possible combinations of arches. Your dentist may ask you to gradually progress from one combination to the next. Be sure to carefully follow your treating practitioners instructions.

TITRATION COMBINATIONS



Repeat use

Continue using the device overnight while you sleep. Ensure you clean it after each use. Review your sleep quality (we recommend using our SleepCare app).

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.

**Good
Sleep^{CO}**

If you would like more info
please contact us:

hello@goodsleepco.health

hushd^{PRO} AUTO



hushd^{PRO}
AUTO

Product features

- ✓ Smallest available device.
- ✓ Unique protrusion method aiming to improve airway patency in deeper phases of sleep.
- ✓ Designed by world leading sleep medicine dentist.
- ✓ Uses elastics to protrude the mandible.
- ✓ Perfect fit.
- ✓ Easy to clean.
- ✓ Customisations available.



"The design allows for minimal bulk which improves compliance. We have seen outstanding results in our clinic with this device and look forward to it helping patients more broadly across the globe"



Dr Christopher Pantin
- Product Designer

Auto Titrating Mandibular Advancement Device

The Hushd Pro Auto is an auto titrating mandibular advancement device which means it can titrate the mandible forward during sleep. It is intended to reduce or alleviate snoring and mild to moderate obstructive sleep apnea (OSA) in adults, by opening the airway.

This is particularly pronounced in REM sleep when OSA is commonly more severe. This is facilitated by the atonia experienced in REM sleep, allowing elastics to 'activate' and protrude the Mandible further as required.

Each Hushd Pro Auto consists of one Upper and one Lower arch, plus three different tensions of Elastic bands labelled Light, Medium, Strong.

Using your device

Start using the device overnight by putting it in your mouth while you sleep. Place the Upper arch on the Upper teeth and push the device in to perfectly fit the teeth. Next place the Lower arch on the Lower teeth with the same method.

If your dentist hasn't told you otherwise, start using the device with the 'Light' bands. One band on each side of the device, to loop around top rear button, around Lower button, then around top forward button as shown.

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.

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 Auto in storage dish until next use.

Adjust & record titration

Different bands have different tensions. The variation in strength allows you to adjust your device for better quality sleep.

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

If you've been instructed by your dentist to change band tension only under their supervision, please wait for their instructions before adjusting strength.

Repeat use

Continue using the device overnight while you sleep. Ensure you clean it after each use. Review your sleep quality (we recommend using our SleepCare app).

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.

Good
Sleep^{CO}

If you would like more info
please contact us:

hello@goodsleepco.health