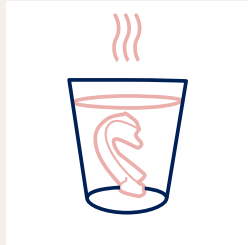


GoodSleepco™

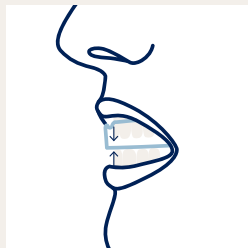
How to use Hushd Avera - Step by Step



Step 1

→ Prep for moulding

To mould the Hushd Avera device, start by soaking the Upper splint in 90 degree celcius hot water for 2 minutes. DO NOT boil the device.



Step 2

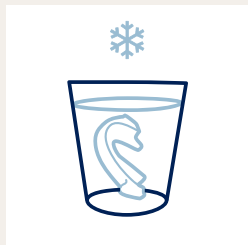
→ Mould the device

Take the Upper splint (U) and bite your upper teeth down firmly into it for 1 minute to fit the mould.

(If moulding to the teeth does not work in the first instance you can mould up to 2 more times until device fits the teeth and holds in the mouth.)

→ Repeat Steps 1 & 2 for L1 & L2

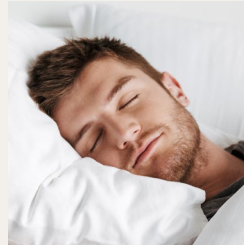
Soak the L1 splint in 90 degree celcius water for 2 minutes, and then bite lower teeth up into it for 1 minute to fit the mould. Repeat for L2.



Step 3

→ Secure the mould

After shaping, let the device cool or place in cold water to set.



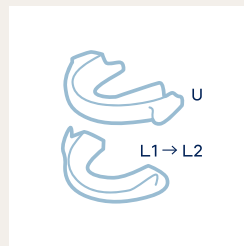
Step 4

→ Commence use

Once the device is moulded, at bed time, place the U and L1 devices on the Upper and Lower teeth respectively.

(Ensure the block of U is behind (towards the back of the mouth) the wing on L1.)

If using Good Sleep Co monitoring tools, refer to the relevant instructions on how to best monitor sleep with the Hushd Avera.



Step 5

→ Increase titration

If symptoms of snoring or sleep apnea persist, replace the L1 with the L2 during sleep.



Step 6

→ Clean & Store

After use, rinse the device with water. This will become a daily routine while you are using the device.

(We recommend cleansing the device with our specialised Cleaner which kills 99.9% of bacteria and extends the lifespan of your device.)

Place Hushd Avera in storage box until next use.