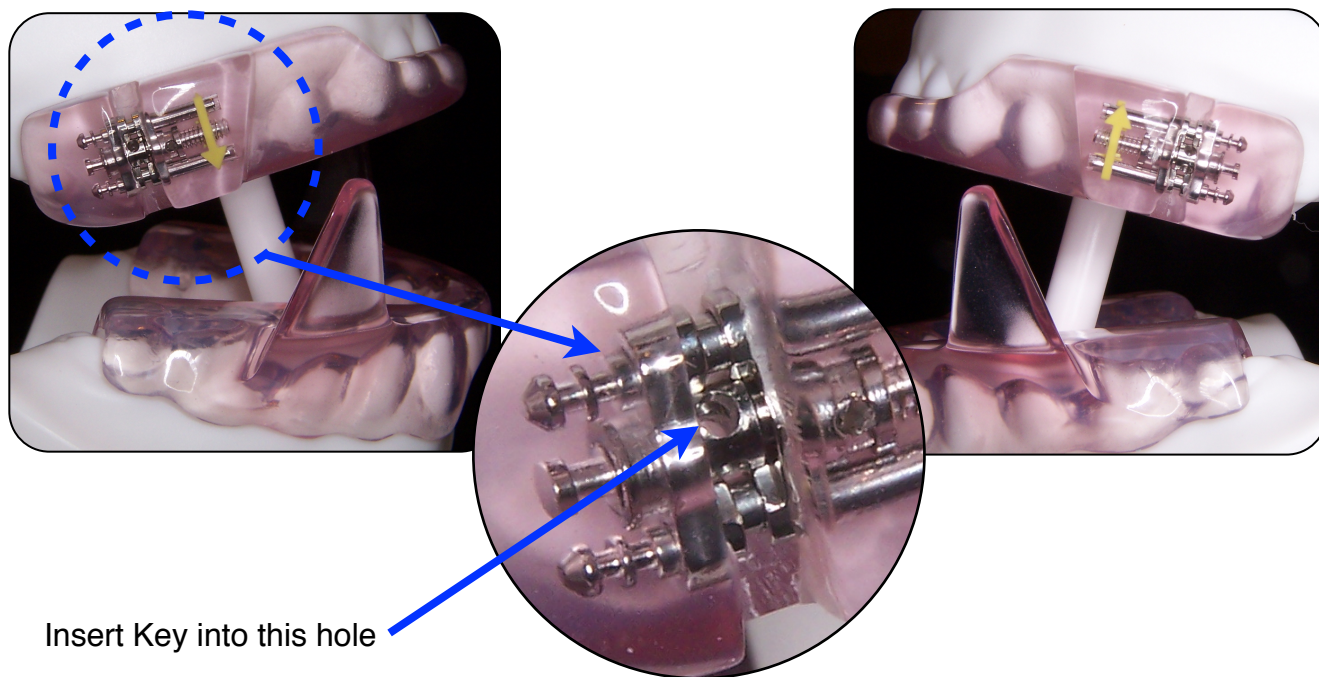


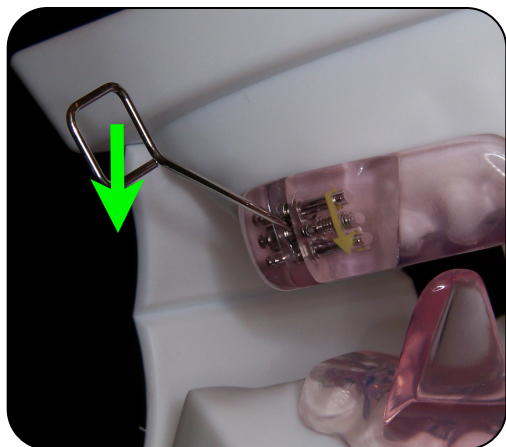
Somnomed Adjustment Instructions

Each side of your appliance has a Yellow arrow on the upper piece. It is important to note that the arrows point different directions. The arrow on the right side points down while the arrow on the left side points up.

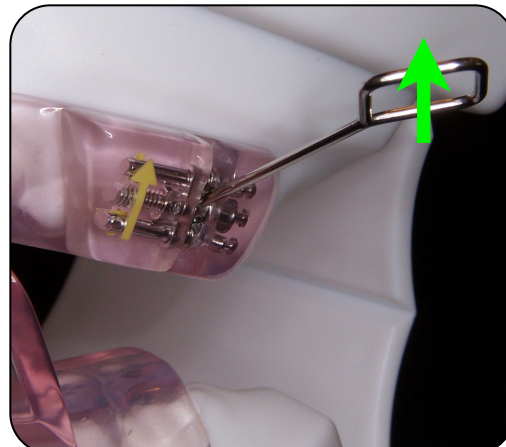


Insert the adjustment Key on the left side. Rotate the key up until it hits the stop. Then put the key in the right side and rotate that adjustment till it hits the stop. Make sure you only turn the key in the direction of the arrow. Make a note of how many turns you have done for each side.

Right Side



Left Side





Changing Lives One Smile at a Time

Adjustment Tracking Sheet

Index Goal: _____

Recommended index rate: 1/week or 2/week.

Stop if you experience jaw or tooth pain - call our office: 650-583-5880

[illegible]

Office Number: 650-583-5880