



Silent Night Band Instructions:

If you have never worn an oral appliance (Such as a nightguard), there will be an adjustment period to get used to having something in your mouth all night. The following instructions will help you transition into nightly use of the Silent Night appliance.

For the next two weeks you will be working toward wearing your Silent Night a full night. Few people can wear their appliance all night for the first night. It takes most people several nights to get to the point that they can wear their appliance for a full night without taking it out sometime during the night.

To begin this adjustment process it is recommended that you put the appliance in your mouth about 30 to 45 minutes before you lay down to go to sleep. This will give your brain and body time to adapt to the idea that something is in your mouth that you are not trying to eat. You'll likely salivate a little extra the first few times you put the appliance in your mouth.

You are starting with a 25mm connector (You are to change the connectors once a week, until finding your sweet spot).

It is recommended to change connectors every 4-6 months to maintain consistent size once you have found the sweet spot. These are made of a plastic nylon weave and can stretch based on habits.

- Connectors should be changed in pairs. Change the left and the right connectors.
- 25mm is the original size the connector comes with.
- The 21mm connector extends the lower jaw furthest forward, opening the airway the most.
- The 26mm connector extends the lower jaw the least amount forward, but comfortably opening the airway.

Today you will start in a "beginning position" and should not change your connectors unless you are able to wear the silent night all night without any side effects such as jaw pain or tooth pain.

If you are easily able to wear the Silent night all night, still wear the appliance for one night without changing the connectors.

If you have jaw pain when using the Silent night appliance, this usually means that you have tired to come too far forward too fast or the connector you are using is too far forward. If jaw pain occurs, move back to a LONGER connector.

If you have no jaw pain, your bite comes together easily, but you are still snoring or having witnessed apneas, then begin moving your jaw forward. You will typically progress on the following manner: 26,25,24,23,22,21

If there are any questions regarding moving forward or back with your bands, please call our office at 757-929-7100