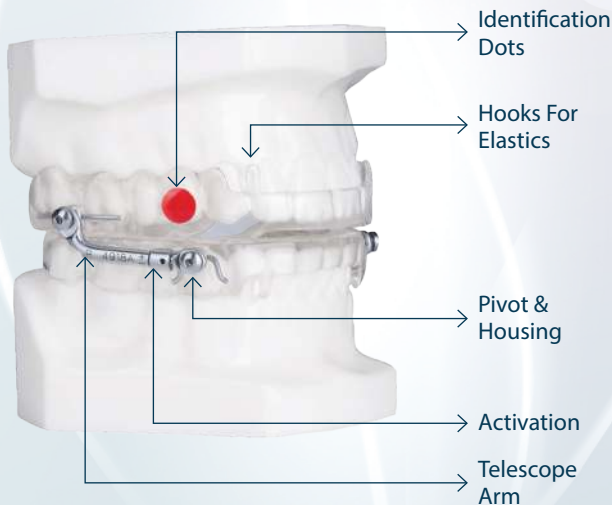


*Getting To Know Your*  
**DynaFlex**  
**Adjustable**  
**Herbst®**

# Identifying The Parts Of Your New DynaFlex Adjustable Herbst®

The DynaFlex Adjustable Herbst® has evolved into one of the most popular choices for snoring and obstructive sleep apnea. The two piece construction is designed for ultimate patient comfort. This guide will help you identify the different parts of your new DynaFlex Adjustable Herbst® Device.



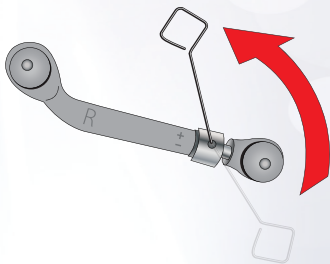
# To Make Adjustments

Hold device with activation facing toward you.

90° Turns	16	32	48	64	80
Adjustment	1.0mm	2.0mm	3.0mm	4.0mm	5.0mm

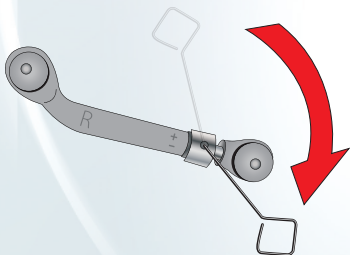
## FORWARD ADJUSTMENT

Fit your calibration tool into the adjustment keyhole and rotate 90° in the direction of the plus sign (+) or the red dot on the device.



## BACKWARD ADJUSTMENT

Rotate your calibration tool in the opposite direction of the plus sign (+) or the red dot on the device.



# Instructions For Daily Use Of Your DynaFlex Adjustable Herbst®

## INSERTING THE UPPER DEVICE

Place the upper device in your mouth, as indicated in **Fig. 1**. Press up on the device with both thumbs to ensure that it fits securely and comfortably.



FIG 1.

## INSERTING THE LOWER DEVICE

Place the lower device in your mouth. Press down on both sides of the device using your index fingers to ensure it fits comfortably.

## REMOVAL

Always remove the lower device first. Using your thumbs on both sides, gently pull the lower device in an upwards motion to remove. Using both your index fingers and thumbs, gently pull the upper device down and forwards to remove.

*Tip: Use lip balm during the first few nights of wearing your DynaFlex Herbst® to help keep lips moist.*

## **CLEANING**

Always clean your device in the morning immediately after having removed it from your mouth. Use a soft tooth brush.

1. Never use hot water, hot water damages your device and will invalidate the warranty.
2. Never soak your device in cleaner as it can cause delamination.
3. After having removed the device from the storage case, thoroughly brush it with a tooth brush and rinse it under cool running water.
4. Dry all parts of the device and storage case carefully and thoroughly using a clean towel.
5. When not in use, the device should be stored in your Sleep Well storage case.

### **Please note:**

*To reduce the possibility of discoloration, do not drink coffee, tea or cola with the device in place. Always brush teeth thoroughly before use.*

## **POSSIBLE SIDE EFFECTS**

You may experience some temporary side effects, such as sore jaw joints, increased salivation, dry mouth, sore teeth, irritation of the soft tissues in the mouth and/or a slight change in your bite.

These possible side effects should diminish within an hour of removing the device. If any of these side effects continue, contact your dentist immediately.

**DynaFlex® manufactures sleep devices  
from highly trained and skilled technicians.  
It's our goal to give American workers an  
opportunity to have a successful career in  
building world class sleep devices.**

 **DynaFlex®**

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