

How to check if the mouthpiece will fit in 4 simple steps



Step 1: Cut a square from a thick, clean cardboard box. The square should be large enough that you are able to bite into and leave an impression of your bite, but small enough that it fits into your mouth.



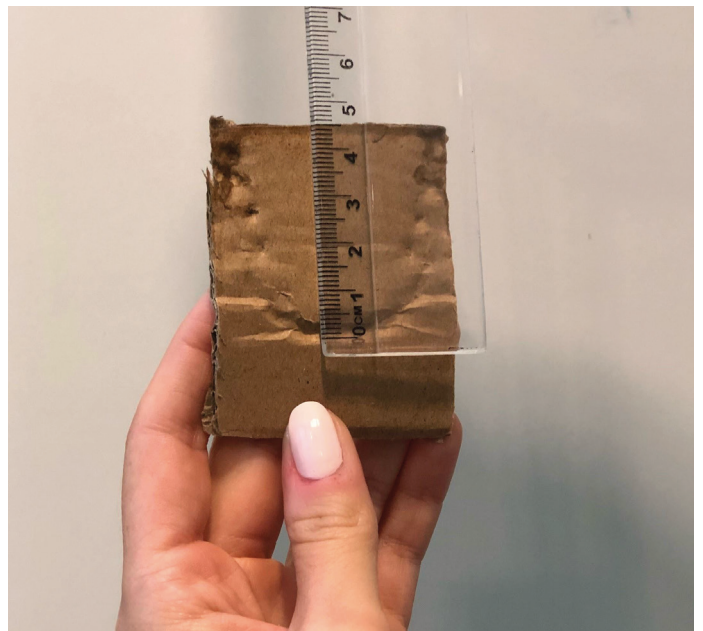
Step 2: Place the piece of cardboard in your mouth and bite down on it once. The imprint of your bite should now be clearly visible on the cardboard. If not: repeat the procedure and bite harder.



Step 3: Place the piece of cardboard on a table. Use a ruler to measure the length and width of your jaw at the furthest points.



Step 4: Now measure the length and width of your jaw at the furthest points apart. Compare the results with the size specifications provided for the anti-snoring mouthpiece. The length and width of the anti-snoring mouthpiece should each be at least one millimetre larger than the value you measured for your jaw.



Dimensions of each UKPS:

| Product | Length/Depth (mm) | Width (mm) | Product height (mm) | Width of bite groove (mm) | Degree of advancement (approx.) | Included in delivery |
|--------------------------------|-------------------|------------|---------------------|---------------------------|---------------------------------|---|
| somnipax guard standard | 42 | 60 | 24 | 13 | 0mm bis 12 mm (8 Stufen) | 2 mouthpiece parts, 2 x 8 tensioning bands, ventilated box, thermometer (black disc with green centre), bite fork |
| somnipax guard large | 45 | 67 | 27 | 15 | -1 mm bis 9,5 mm (8 Stufen) | 2 mouthpiece parts, 2 x 8 tensioning bands, ventilated box, thermometer (black disc with green centre), bite fork |

This is how it is measured:

Length: The mouthpiece is in a horseshoe shape. Measure upwards in a straight line from one of the two end points to the point parallel with the uppermost point of the mouthpiece (this is the central point where the two branches meet).

Width: Horseshoe shape: measure straight across from one branch to the other (using the outermost, widest points).

Product height: Height of the mouthpiece measured at the highest point on the outer side. Typically this is at the front around the area where the canines are located.

Anti-snoring mouthpieces

