

## THE APINATOR™

The Apinator™ is an innovative, dual-layer oral mouthpiece for the treatment of mild to moderate sleep apnea and snoring. The inner layer softens in hot water between 170 - 180° Fahrenheit and takes the shape of the front teeth for a snug, comfortable fit. The outer layer remains stable in the hot water and maintains the Apinator's shape. It is formed over maxillary and mandibular vacuum formed full arch trays. This is a 3 piece system.

### FEATURES OF THE APINATOR™



- Very easy to fit
- Highly effective for treatment of mild to moderate sleep apnea and snoring
- Oral airway dilation
- Supports the lower jaw in a position to maximize oral airway space
- Takes up very little space in the mouth
- Creates more room for the tongue
- Very reasonable cost
- Very durable
- Can be used as a trial device, temporary or permanent oral appliance

### INSTRUCTIONS FOR FITTING AN APINATOR™



#### Supplies:

- Hot Pot 6 inches deep preferred
- A thermometer that measures at least to 212° F
- Timer, watch or a clock with a second hand

1. Fabricate and seat vacuum formed full arch trays over the teeth
2. Simmer water to 170°-180° F.
3. Hold the Apinator™ by the right wing and immerse the intraoral portion for 45 seconds
4. Insert in patient's mouth centered over teeth with the word APINATOR right side up
5. Patient bites into upper and lower grooves in the Apinator™ until firm resistance is felt
6. Close lips, push with tongue, suck in with lips – this will draw out air and water
7. After 60 seconds run under cold water
8. Retry the Apinator™ to confirm snug fit
9. If the fit is not snug, repeat above steps
10. Fit Velcro strap for security