

## Important Safeguards

User should keep these instructions for continued use and care.

**Intended Use:** The purpose of the AM Aligner is to counteract the forces that represent the most significant side effect of an oral device used for the treatment of obstructive sleep apnea, snoring and other sleep disordered breathing. The AM Aligner is constructed of a unique thermoplastic material and is to be used every morning to return the bite back to its original position.

**Contraindications:** Allergic response may occur to the thermoplastic material.

## Operating Temperature Range

Do not store or soak at high temperatures (such as a hot car or hot water). This can cause distortion of the aligner.

## Airway Management Contacts

### Manufacturer



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Farmers Branch, TX 75244  
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### EU Authorized Representative

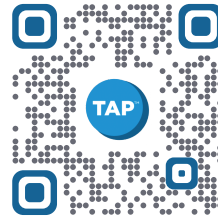
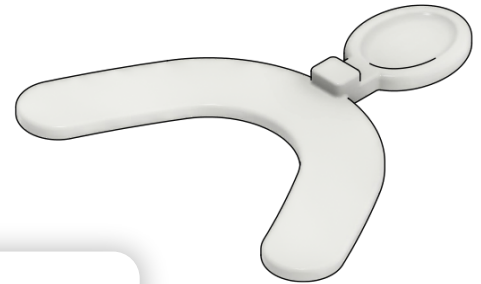
MDSS GmbH  
Schiffgraben 41  
30175 Hannover  
Germany



Patents: <http://tapintosleep.com/patents>

762-3200-200, REV A, 2022

## Instruction for Use



Watch Video

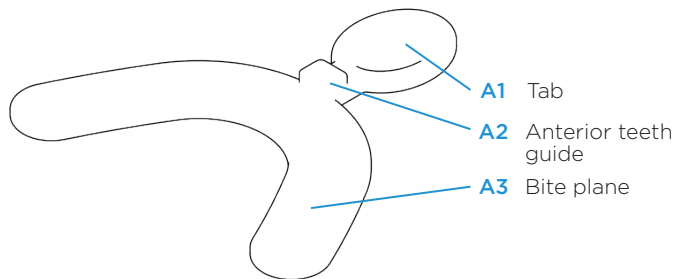
Scan QR code for videos and more information on AM Aligner.



**TAP SLEEP CARE**  
[tapintosleep.com](http://tapintosleep.com)

## Fitting the AM Aligner™

Before fitting the aligner, place the aligner in your mouth and feel your front teeth hit the bump, also known as the anterior teeth guide (A2). This will help you get a feel for where your teeth are supposed to be when you fit the aligner.



1. Using hot water, place the aligner in the water until the bump (A2) is right at the water line. Wait until the Aligner bite plane (A3) becomes clear (estimated 15 seconds).  
**Note:** Be careful not to overheat the aligner or it will become floppy.
2. Remove the aligner and gently shake off the excess water.
3. Using a mirror, lean your head back and place the softened aligner over your lower teeth.
4. Make sure your front teeth hit the anterior teeth guide (A2). Bite down firmly on the aligner into your usual bite position.
5. Put your fingers on your jaw clenching muscles and squeeze as hard as you can for at least **15 seconds**.

Your fingers should move outwards as you clench, and you may feel a little strain into the jaw. Try to bite all the way through the AM Aligner.

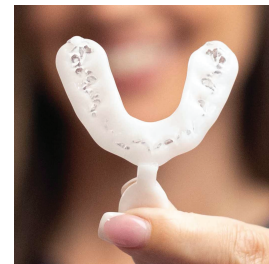
## Fitting the AM Aligner™ [Continued]

6. Relax and continue biting for **three minutes** until it cools.

**Note:** If it's still sticky, it's not fully cooled.

7. Carefully remove the AM Aligner from the mouth using the tab. Hold the AM Aligner to the light. You should be able to see light where your teeth come really close together.

This is important to show good contact of your teeth.



## Daily Use of the AM Aligner

1. After removing the treatment appliance in the morning, wait thirty minutes to use the AM Aligner.
2. When you are ready to use the AM Aligner, insert the Aligner using the tab (A1).
3. Pull your lower jaw back to engage your lower teeth in the indentations on the bottom of the tray.
4. Once your lower jaw is in the correct position, squeeze or bite on the tray as if to put your teeth back together.
5. Repeat the process of squeezing the jaw together into the AM Aligner until usual bite position is achieved. This may take anywhere from 5-10 minutes. If it takes longer than 10 minutes, take a hot shower or place a warm pack on the joints to warm up the jaw joints and accomplish this process faster.
6. Remove the aligner from your mouth using the tab.