



Instructions Guide

Intended Use: ZYPPAH® is intended for use by adult patients (18 years or older) as an aid to reduce snoring.

Quick Start Video - www.ZYPPAH.com/instructions

IMPORTANT POINTS WHEN USING THE DEVICE

• At first, some people have trouble sleeping with the appliance in their mouths. You may experience salivation or a slight 'gagging' response. Initially, you may want to sleep with a towel to take care of the excess saliva. The more you wear the appliance, the faster you will become accustomed to it, and both the excessive saliva and 'gagging' will diminish.

• Once you have custom-fitted the appliance to your mouth, it is intended for your use only. You should not let anyone else use your appliance.

• The appliance works best if you sleep on your side or stomach.

• Brush your teeth each night before inserting the appliance.

WHAT TO EXPECT IN THE MORNING

It's normal for your jaw, teeth, and gums to feel moderately sore and fatigued for the first three to five mornings as you acclimate to the new position during sleep. Also, if you don't use the appliance for several days, you may need to 're-acclimate' yourself.

STEP 1



Get Everything Ready

- 1) Your ZYPPAH® Appliance
- 2) 2 Quarts of Water
- 3) Kitchen Utensil (Tongs - preferably)
- 4) Timer
- 5) Small Mirror
- 6) Towel or Paper Towels
- 7) Microwave-Safe Container

STEP 2



Heat Water

Heat 2 quarts of water just before boiling and then transfer to a microwave-safe, plastic container deep enough to submerge the entire oral appliance.

Make sure to place the appliance in very hot water, but not boiling.

NOTE: Use care when handling the device and the hot water during custom fitting, as both may be extremely hot.

STEP 3



Immerse in Hot Water

Use the kitchen utensil to gently immerse the ZYPPAH® in water.

Let the appliance soak in the hot water for 30 to 45 seconds.

The appliance will try to float. Use the utensil to keep it under water and from touching the sides or the bottom where it may try to stick to the microwave safe bowl.

STEP 4



Remove from Water

Carefully pick up your ZYPPAH® by the tongue strap and remove it from the hot water.

While holding the tongue strap using the kitchen utensil, wait 5 to 10 seconds until it is warm to the touch.

NOTE: Use care when handling the device and the hot water as both may be extremely hot.

STEP 5



Start with your lower teeth and press the appliance down onto your lower teeth with your fingers.

Move your lower jaw forward to align the top of the appliance with your upper teeth and bite down and hold for one minute.

Make sure to get a very good impression of your teeth when you bite down.

Make sure your tongue is under the elastic band.

STEP 6



Rinse (optional) & Set:

Remove ZYPPAH® from your mouth and let it aircool or rinse under cool water for 30 seconds. This will **set the appliance to your bite. (Cool water may cause gel to tighten)**

Cleaning:

You may clean the appliance with water or mouthwash and then rinse.

DO NOT soak the mouthpiece as it will damage it and void the warranty.

GET THE MAXIMUM BENEFIT FROM YOUR ZYPPAH®

To ensure success and to get the maximum benefit from your ZYPPAH®, understand these guidelines:

BE PATIENT. It takes everyone time to get used to sleeping with an oral appliance. It could take anywhere from 6 days to 6 weeks. Keep this in mind especially if you are not accustomed to sleeping with a mouthpiece every night.

TAKE YOUR TIME. We recommend wearing it at least one hour before bedtime for best results. To help with the adjustment period, get distracted by watching TV or reading a book during the hour before bed when wearing your ZYPPAH®. The more you wear your ZYPPAH® appliance while awake, the faster you will become accustomed to it when sleeping. But take your time and get used to it gradually. The experience will improve over time as you become accustomed to wearing it.

DIFFICULTY FALLING ASLEEP. It may be difficult at first to fall asleep or you may wake up in the middle of the night, due to being acutely aware of the appliance. Just remove it and go back to sleep. Each night, you should be able to sleep longer and longer with the appliance. After a few weeks you will be used to it.

REMOLDING (IF NECESSARY)

If your ZYPPAH® custom-fit snoring device does not feel comfortable, **the molding process can be repeated up to three (3) additional times, if necessary.**



Simply repeat steps 2 through 6 to properly reset the appliance to your bite.

If for any reason it doesn't feel right you can re-mold it. If you encounter any problems, contact our Customer Service for additional tips at:

WeCare@ZYPPAHinc.com

If you have trouble with molding your appliance, or if for some reason it doesn't work, we offer a free replacement within your 91 day warranty.

CAUTION:

You should not experience any discomfort or difficulty fitting the device. Or, if you have excessive salivation or sense of 'gagging', stop wearing immediately and contact our amazing customer service team.

Snoring can sometimes indicate other health conditions, such as sleep apnea. Sleep apnea is a medical condition that can be associated with certain health risks. Speak with your dentist or physician about your snoring to determine if you should be evaluated for sleep apnea.

Please note that the ZYPPAH® Anti-Snoring Device is designed specifically to help reduce snoring and is not intended to treat sleep apnea.

If you have a medical history of conditions such as asthma, breathing difficulties, or any other respiratory or health concerns, it is important to speak with your doctor & consider these factors before using the ZYPPAH® Anti-Snoring Device.

WARNINGS:

STOP using your ZYPPAH® and speak with your dentist if you experience any of these issues:

- Soreness to your teeth or gums that continues for more than (3) days.
- Pain or soreness to the temporomandibular joint, including any jaw pain, clicking or popping when you open or close your mouth.
- Obstruction of oral breathing
- Tooth movement or changes in bite
- Loose caps/crowns or any other oral fittings

Use care when handling the hot water & ZYPPAH® during custom fitting, as both may be extremely hot.

CONTRAINDICATIONS:

The ZYPPAH® Anti-Snoring Device should NOT be used by patients who:

- Have been diagnosed with Sleep Apnea. (unless you are being treated by your doctor & they prescribe ZYPPAH® for you).
- Have any serious breathing or respiratory disorders, such as chronic asthma, emphysema, COPD, and similar conditions.
- Have poor dental health, such as severe gum disease, loose teeth, an abscess, mouth sores, bleeding gums.
- Have had a dental implant placed within the last 3 months.
- Have been diagnosed with a temporomandibular joint condition, also known as TMJ.
- Experiencing any mouth or jaw pain.
- Wear braces
- If you use a CPAP or another dental appliance, speak with your physician or dentist before using.
- Are under 18 years of age.

FREQUENTLY ASKED QUESTIONS

Since the ZYPPAH® only comes in one size, will it fit me?
ZYPPAH® was designed to fit 90% of snorers. Our front six teeth are remarkably similar in size and shape. Your back teeth are where the size difference changes. ZYPPAH® uses soft, moldable material that you can shape for your own mouth.

How often should I replace my ZYPPAH®?
We recommend replacing your appliance every (3) to (6) months based on your clenching, grinding, and jaw strength. If you start snoring again, or it gets "yucky", it's time for a new ZYPPAH®.

Can I use the ZYPPAH® with Missing Teeth? Bridges? Implants? Dentures?
Using a ZYPPAH® with one or two missing teeth is okay, and bridges should not be a problem. With implants, it is recommended that you wait twelve months before trying the ZYPPAH®. If you have full dentures, add a chin strap and you can still have success.

FREQUENTLY ASKED QUESTIONS

Can my mouth be open for the ZYPPAH® to work?
The optimal position is to keep your mouth closed. However, it's okay to keep your mouth open. Over the first few nights of use, practice keeping your mouth closed for best results.

Why am I drooling?
You may experience excess salivation. This is because your brain thinks you just put some food in your mouth, a lot of food. Try this; put your ZYPPAH® in your mouth (2) hours before bed and get distracted. Watch TV or read a book. Your brain will realize that this is not food. It can take up to (3) weeks for the salivation to stop.

What makes the ZYPPAH® better?
The ZYPPAH® is the only oral appliance on the market today that directly addresses the tongue. Its Patented, "seatbelt for the tongue" elastic band is why in a clinical trial, published in a peer-reviewed medical journal, had a 91 % success rate. Our competitors are all less than 50%.

STOP-BANG QUESTIONNAIRE

This questionnaire is a prescreening tool that can help determine if ZYPPAH is right for you, if you might need to speak with our customer service for extra help or if you might need to check with your physician regarding Sleep Apnea.

SNORING

Do you **snore loudly** at night?

| YES | NO |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |

TIRED

Do you often feel **tired, fatigued, or sleepy** during the daytime?

| YES | NO |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |

OBSERVED

Has anyone observed you **stop breathing** during sleep?

| YES | NO |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |

PRESSURE

Have you, or are you being treated for **High Blood Pressure**?

| YES | NO |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |

STOP-BANG QUESTIONNAIRE

BODY MASS INDEX

Are you obese/overweight (BMI more than 35 kg)?

| YES | NO |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |

AGE

Are you over 50 years of age?

| YES | NO |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |

NECK SIZE

Neck circumference > 16 inches?

| YES | NO |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |

GENDER

Are you Male?

| YES | NO |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |



Your experience should be 5-Stars or better. If not, please let us know immediately.

We guarantee effective snoring solutions or your money back. Contact us if you have any issues with your order or the ZYPPAH® device.

Email Us : WeCare@ZYPPAHinc.com



If you've had a great experience with your ZYPPAH, we'd like to offer you a **35% discount on your next purchase**. Simply submit a testimonial along with a photo or video of your experience, and we'll send you a discount code as our way of saying thanks!

SHARE YOUR EXPERIENCE, SAVE 35%!