



## Instructions for Use



Customer Service Helpline **(800) 875-3370**

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

Demonstration video online at **[www.MyZYPPAH.com](http://www.MyZYPPAH.com)**

# **IMPORTANT POINTS WHEN USING THE DEVICE**

- At first, some people have trouble sleeping with the appliance in their mouth. 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), spoon or fork*
- 4) Timer
- 5) Small Mirror
- 6) Towel or Paper Towels
- 7) Microwave-Safe Container

Demonstration video online at [www.MyZYPPAH.com](http://www.MyZYPPAH.com)

## 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

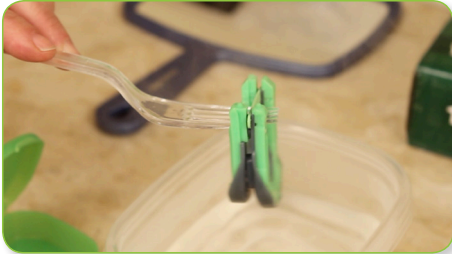
Use the kitchen utensil to gently immerse the ZYPPAH® in water.

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.

Demonstration video online at [www.MyZYPPAH.com](http://www.MyZYPPAH.com)

## 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.

Demonstration video online at [www.MyZYPPAH.com](http://www.MyZYPPAH.com)

## STEP 5



### Custom Fit Appliance

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.

Demonstration video online at [www.MyZYPPAH.com](http://www.MyZYPPAH.com)

## STEP 6



### Rinse and Set

Remove ZYPPAH® from your mouth and rinse under cool water for 30 seconds. This will properly set the appliance to your bite.

### Cleaning

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

Do not soak your appliance in any cleaning solution as it will deteriorate your appliance.

Demonstration video online at [www.MyZYPPAH.com](http://www.MyZYPPAH.com)



## 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.

**Call for HELP!** If for any reason it doesn't feel right you can re-mold it. If you encounter any problems, call our Customer Service Helpline for additional tips at **(800) 875-3370** immediately.

If you have trouble with molding your appliance, or if for some reason it doesn't work, we offer a free replacement within your 90 day warranty.



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

ZYPPAH is dedicated to providing world class customer service and snoring solutions that are guaranteed to work or your money back. If you have any issue with your order, using the ZYPPAH® device, or do not feel you are getting the results we know are possible, please call or email us immediately.

**ZYPPAH 5-Star Customer Service**  
**(800) 875-3370 | [wecare@ZYPPAH.com](mailto:wecare@ZYPPAH.com)**

**We are here to help you stop snoring.  
There's nothing more important to us.**

When you choose ZYPPAH®, we want you and everyone around you to enjoy many nights of quiet, restful sleep without snoring.

## **CAUTION:**

Discontinue use of this device and notify your dentist if you notice any signs of tooth movement, changes in your bite, persistent pain or discomfort, or if you had trouble fitting the device.

Snoring may be a sign of sleep apnea, a medical condition associated with cardiovascular risks, neurovascular risk, risk of motor vehicle accidents, and mortality. We recommend that you speak with your dentist and/or physician about your snoring and whether you might have sleep apnea. The ZYPPAH® Anti-Snoring device is not a treatment for sleep apnea.

Any medical history including asthma, breathing, respiratory disorder or any other relevant health problems should be considered prior to using the ZYPPAH® Anti-Snoring Device.

# **WARNINGS:**

**STOP** using your ZYPPAH® and contact us immediately to speak with a dentist if you experience any of these issues:

- Gingival or dental soreness.
- Pain or soreness to the temporomandibular joint, including any jaw pain or clicking or popping when you open or close your mouth.
- Obstruction of oral breathing.
- Excessive salivation.
- Tooth movement or changes in bite.
- Loose caps/crowns or any other oral fittings.

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

# **CONTRADICTIONS**

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

- Have been diagnosed with Sleep Apnea.
- 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.
- Are experiencing any mouth or jaw pain, this may include: clenching of your teeth, grinding or any other physical injury to your teeth or jaw.
- Have full dentures.
- Wear braces or sleep using a CPAP or another dental appliance.
- Are under 18 years of age.

# Get the Maximum Benefit From Your ZYPPAH®

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

1. **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.
2. **TAKE YOUR TIME.** We recommend wearing it at least one hour before bedtime for best results. To help 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.
3. **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.

# Frequently Asked Questions

## **Since the ZYPPAH® only comes in one size, will it fit me?**

ZYPPAH® was designed to fit 90% of snorers. Our mouths are remarkably similar in size and shape, despite the bite patterns being different for everyone. ZYPPAH® uses soft, moldable material that you shape for your own mouth.

## **How often should I replace my ZYPPAH®?**

We recommend replacing your appliance every four to six months based on use. Over time, the ZYPPAH® elastic band will become loosened by the constant pressure of your tongue.

Loyal customers can SAVE \$20 when reordering. Call customer service at (800) 875-3370 and request a loyalty coupon. Offer only available for customers who reorder a ZYPPAH® within six months of their original purchase date.

## **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®. It is not recommended that you use the ZYPPAH® with full dentures.

# 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. If you have trouble keeping your mouth closed, you can order a chin strap accessory.

## **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 one hour before bed and get distracted. Watch TV or read a book. Your brain will realize that this is not food and the salivation will eventually stop.

## **What if it doesn't work for me?**

If it does not work for you after trying it for at least 30 days, it might be an indication of a more serious condition called Sleep Apnea. If this is the case, we recommend consulting a Zyppah Sleep Certified professional. To find one in your area, go to [www.SleepCertified.com](http://www.SleepCertified.com) or call 818-518-1067.

## **What makes the ZYPPAH® better?**

The ZYPPAH® is the only oral appliance on the market today that directly addresses the tongue with an elastic band. In a clinical survey, 91 % of users self-reported improvement with use of the Zyppah device.





# STOP-BANG QUESTIONNAIRE

The STOP-BANG questionnaire is a pre-screening tool that can help determine if Zyppah® is right for you.

If you answer YES to 3 or more questions below, please contact a Physician or Sleep Certified® Dentist to be evaluated for Sleep Apnea/Respiratory Disorder.

## SNORING

YES

NO

Do you **snore loudly** at night?

☐☐

## TIRED

YES

NO

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

☐☐

## OBSERVED

YES

NO

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

☐☐

## PRESSURE

YES

NO

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

☐☐

Talk to a Sleep Certified® Dentist about your treatment options.  
Visit [www.SleepCertified.com](http://www.SleepCertified.com) or call **818-518-1067**.



# STOP-BANG QUESTIONNAIRE

## BODY MASS INDEX

YES

NO

Are you obese/overweight (BMI more than 35 kg/m<sup>2</sup>)?

☐☐

## AGE

YES

NO

Are you over 50 years old?

☐☐

## NECK SIZE

YES

NO

Neck circumference > 16 inches?

☐☐

## GENDER

YES

NO

Are you a male?

☐☐

Anyone who believes they may have Sleep Apnea should consult their health care professional or a Sleep Certified® Dentist.

Zyppah® is not for the treatment of Sleep Apnea.

Talk to a Sleep Certified® Dentist about your treatment options.

Visit [www.SleepCertified.com](http://www.SleepCertified.com) or call **818-518-1067**.