

## HOW TO CUSTOMIZE YOUR BRUXISTOP

### 1. Preparation

Prepare a receptacle with water to accommodate the device. It is important that the device does not touch the sides of the receptacle. This is important as it could distort the device.

### 2. Heat the water

Heat the water until the point of boiling, the ideal temperature is between 70 and 75 degrees centigrade.

**3. Submerge the Bruxistop** into the hot water by the tab using tweezers or tongs for a few seconds until you notice it starting to soften.

Please take special care at this point as the water will be very hot.

### 4. Placement of Bruxistop in the mouth

Whilst the device is warm place centrally over the upper teeth, taking good care not to damage the walls of the device.

With the mouth closed, but without biting down, suck hard for a few seconds to eliminate the air between the teeth and the device. Using your finger tips, with your lips closed, mould the device over the outside of your teeth. With your tongue, mould the device over your teeth inside your mouth, until the device has cooled. It is important at this point not to press too hard as this could damage the device. Take special care that the device is not too hot.

### 5. Cooling down the Bruxistop device:

Once the above has been completed and the device has dropped to body temperature, remove from the mouth and run under the cold tap for a few seconds.

### 6. Try the Bruxistop device:

Check the device has adjusted perfectly to your teeth and cannot move or part your teeth. The device must hold itself in place, if not repeat the steps in 4.2 when Bruxistop has been personalized trim off the tab with scissors. For clarification you can consult our Web page

[www.bestbreathe.com](http://www.bestbreathe.com) where you can find videos of the process.

Bruxistop has been developed in one size to fit an adult mouth, however the device can be adapted for children over 5 years. With the extra slots you can adjust the size by simply cutting along the length of the device, enabling it to fit the mouth of a child. Take precaution not to leave any sharp or pointed edges on the Bruxistop.

**For further clarification you can consult our website [www.best-breathe.com](http://www.best-breathe.com) where you can watch videos with the processes described**