

ProSomnus PH

instructions for advancement

ADVANCING THE LOWER JAW USING THE PROSOMNUS [PH] SLEEP AND SNORE DEVICE

ProSomnus Sleep Device series of arch forms are designed to match the advancement positions your dentist has prescribed. Jaw advancements are easily achieved by simply adjusting the Herbst Nuts by using the tool provided. Pay attention to the arrows on the side of the Herbst Arm. These tell you the direction to turn the screw to advance the post. Each 90° turn is 0.1mm, and each full turn of the nut is 0.4mm.

- 1) Hold the upper arch perpendicular to the lower arch, such that the Herbst Arm is straight up and down:

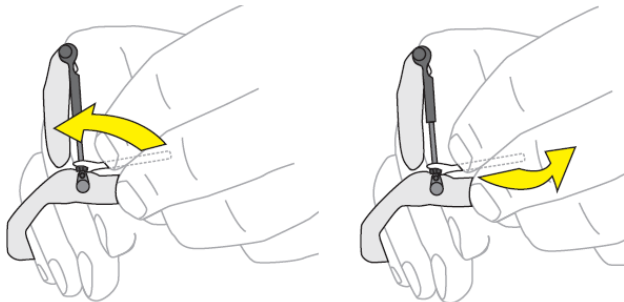
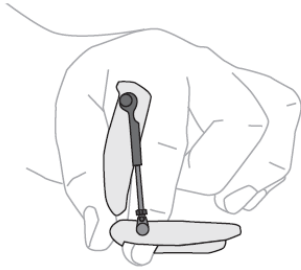


Fig 1a

Fig 1b



If using elastics, attach around neck of lower screw then to upper hook

- 2) To advance the left side by 0.1mm, position the wrench straight forward as shown in Fig 1a.
- 3) Rotate 90° in the direction of the arrow on the Herbst Arm as shown in Fig 1b.
- 4) To reduce advancement on the left side, start as shown in Fig 1b and rotate the opposite direction towards the front of the device.

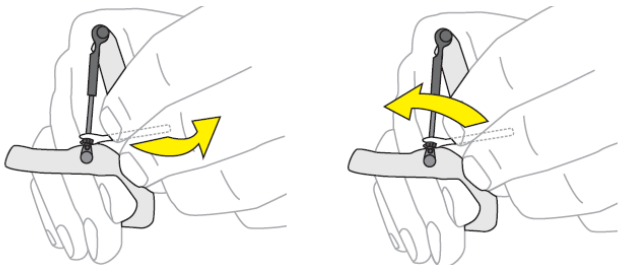


Fig 2a

Fig 2b

- 5) To adjust the right side, hold upper arch perpendicular to lower arch such that the Herbst Arm is straight up and down.
- 6) To advance the left side by 0.1mm position the wrench straight forward as shown in Fig 2a.
- 7) Rotate 90° in the direction of the arrow on the Herbst Arm as shown in Fig 2b.
- 8) To reduce advancement on the left side, start as shown in Fig 1b and rotate the opposite direction towards the front of the device. And likewise for the right side.

PROSOMNUS [PH] ADVANCEMENT TABLE

	Reverse (90° Nut Turns)		Bite Starting Position	Forward (90° Nut Turns)												
90° Nut Turns	-10	-5	0	5	10	15	20	25	30	35	40	45	50	55	60	
Herbst Arm Adj. (mm)	-1.0 mm	-0.5 mm	0.0 mm	0.5 mm	1.0 mm	1.5 mm	2.0 mm	2.5 mm	3.0 mm	3.5 mm	4.0 mm	4.5 mm	5.0 mm	5.5 mm	6.0 mm	

- 9) Confirm adjustment position of the Herbst Arm by holding the wrench next to the Herbst Nut as shown in Fig 3a.

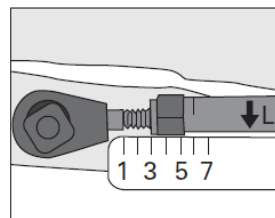


Fig 3a