

**SomnoGuard® SPX**  
**Mandibular advancement device**

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 Medical Products

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**Fitting timeline**

Duration	Process
40 seconds	Put the tray in a hot water bath.
20 seconds	Allow the tray to cool down and shake off excess water.
10 seconds	Place the tray on the teeth, then press it against them.
30 seconds	Press the thermoplastic material with your fingers at the outer and inner wall of the tray against the teeth.
15 seconds	With a slightly forward lower jaw, keep the mouth closed and swallow a few times.
15 seconds	Again, press the thermoplastic material with your fingers at the outer and inner wall of the tray against the teeth.
60 seconds	With a slightly forward lower jaw, keep the mouth closed until the material has hardened.
10 seconds	Remove the tray from the mouth vertically.
20 seconds	Put the tray in a cold water bath.
10 seconds	Check the fit of the tray.
10 or 60 seconds	<p><i>If the fit is not perfect:</i></p> <ul style="list-style-type: none"> <li>- For a partial correction put the single spot of the tray for about 10 seconds...</li> <li>- For a complete refit put the whole tray for about 60 seconds...</li> </ul> <p><i>...in the hot water bath to remodel it.</i></p> <p><i>The thermoplastic material reverts almost to its original form.</i></p>