



Your OASYS Oral/Nasal Airway System is cleared by the ENT and Dental Divisions of the FDA for Sleep Apnea. The OASYS holds your lower jaw in an advanced position and repositions your tongue forward, opening the airway at the back of your throat. Unique to the OASYS are the two acrylic buttons on the anterior wire, which act as Nasal Dilators, improving airflow through your nasal passages. On some OASYS devices, the doctor will include Tongue Lifter Buttons, which will help to lift the back of your tongue up and forward, for training the tongue and improved swallowing.

Inserting your OASYS Device

1) Seat Upper Splint Cushion on Upper Teeth—Place the Clear Oasys Splint (Fig.1) on your upper teeth carefully, trying to seat it completely with your fingers, avoiding the tendency to close your teeth together to bite it into place.

2) Seat OASYS Lower Splint with Shield / Nasal Buttons on Lower Teeth

___ **Hard Acrylic /Erkoklok Hard Soft Lower Splint**

___ **ThermoFlex Hard Lower Splint**

The lower splint (Fig.1) is a thermoplastic material and the hot tap water for 5-10 seconds can help it to flex and seat easier. The upper acrylic shield should not be placed under hot water as it is a different material. This may not be necessary with continued use.

3) Next, place the upper shield and nasal buttons up in front of your upper anterior teeth and up under your lips first and then slide your lower teeth up into the lower splint (Fig.2). Looking in a mirror is helpful to guide seating your Oasys. Some people are able to seat the appliance on the lower teeth first and then by extending their jaw out far enough, they are able to close into it. Using your index finger press firmly on the splint from back to front to make sure that it fully seats.

4) Begin to breathe in and out. You will probably want to breathe through your mouth at first, but as you relax, you should be able to begin breathing more comfortably through your nose. You may wish to **try wearing** your Oasys while reading, watching TV or doing some activity, so you can get used to wearing it before trying to sleep.

5) Adjusting your OASYS Device

Take the metal **Hex Wrench** (Fig.3) and using the small end, turn each screw **Left to Loosen** (Counterclockwise) and **Right to Tighten** (Clockwise). **To bring your lower jaw further forward**, put balanced pressure on the anterior shield and push backward on the shield approximately **1mm**

(1 mark), and with the Wrench, Turn each screw **Right to Tighten**. **To reduce the advanced position of your jaw**, gently push on the inside of the shield forward about **1mm (1 mark)** and with the Wrench, Turn the screw **Right to Tighten**. Be careful, not to over-tighten the screws to avoid stripping them. Use **a firm, but gentle twist of the wrench to the Right to Tighten**.

6) Adjusting the Nasal Buttons for Improved Nasal Breathing and Comfort

Adjustments to the **Nasal Buttons** is usually done by your dentist. For minor adjustments, this Nasal Buttons can be done while the Oasys is in your mouth. By pulling the buttons outward will increase stretching of the tissue for increased nasal airflow or pushed inward to relieve tissue pressure. This can be done out of the mouth also. (Fig. 4). Hold the acrylic where the wire extends from the shield before bending.

7) Adjusting the Tongue Buttons for Comfort & Tongue Repositioning (Fig.5).

The **Tongue Lifter Buttons** are an optional feature on your device. They are set with a gentle lift on each side of the back of the tongue up and forward, but can be adjusted for comfort and for more effectiveness. When adjusting, hold the acrylic where the wire extends out, and adjust the button position.

8) Removing your OASYS / Reprogramming your Bite in the Morning

Using both hands and your thumbs/thumb nails, lift the lower splint off your lower teeth in the canine area (Fig.2), but not completely, as you must lift your lips up over the nasal buttons to carefully remove the lower Oasys splint and shield with buttons. Do not lift the Oasys off your teeth by lifting the nasal

buttons. **To help deprogram your joint / bite and help return it to its normal position in the morning, oral exercises and chewing sugarless gum can be helpful.** Your dentist may have other suggestions. An AM Aligner or other Deprogramming Device can be worn for about 10 minutes to aid the process. Clenching and biting into it, will help with the deprogramming and establishing a more normal bite again. There are also oral exercises that can be done to regain a normal bite.

9) Cleaning your OASYS Device

You can **lightly brush** your OASYS with a **soft toothbrush, anti-bacterial soap and cool water**. You can also soak your device in a **non-ammonia / non-alcohol denture cleaner or Baking Soda and water for about 15 minutes**. **Air dry your OASYS in the case with the lid open or on a towel**. Try to avoid closing the lid to minimize odor. **Do not store in water or denture cleaner**. Do not use alcohol, bleach or peroxide.

10) Follow-Up Sleep Study—After wearing your OASYS Sleep Device for approximately 90 days or longer, and having it adjusted to make sure it is comfortable and you are feeling subjectively more rested, your apnea and snoring have been significantly reduced, it is important to do a follow-up sleep study to verify the improvement. This should be arranged upon the direction of your dentist. You may subjectively feel better, but **if you have Moderate to Severe Sleep Apnea**, the **follow-up sleep study** will help your dentist know if more adjustments or modifications may be needed to further reduce your apneas and improve your sleep disordered breathing. **Call your dentist with any concerns, tooth or joint pain. * Keep your OASYS out of reach of your dog,**

