



SPACE MAINTAINERS
LABORATORIES

DOCTOR'S MANUAL: THE GOOD MORNING POSITIONER

After wearing a sleep appliance in which the lower jaw has been held in a forward position for several hours, a patient may experience muscle spasm and may require assistance finding their natural bite position. The Good Morning Positioner helps reposition the mandible back into normal alignment. Worn every morning for a few minutes, it reduces the risk of permanent bite change.

Constructed from a unique EVA (FDA cleared) material, the Good Morning Positioner, when heated, can be molded onto the upper and lower arch by the clinician. It should be fitted when the sleep appliance is delivered and worn every morning after use of sleep appliance.

1. Place positioner in patient's mouth and instruct patient to practice closing into their regular bite a few times. **NOTE: Most patients will have a tendency to "posture" forward. MAKE SURE THE MIDLINE IS LINED UP CORRECTLY.**
2. Bring a cup of water to a rolling boil – preferably using a Hot Pot (available from SML). After water has settled, hold the positioner (by center extension) in hot water for 40 seconds.
3. Remove positioner from water, shake lightly and place in patient's mouth. Instruct patient to bite down gently – **NOT COMPLETELY THROUGH** – into their regular centric bite and hold for 60 seconds.
4. Remove positioner and rinse under cold water.
5. Replace positioner in patients mouth and check bite.
6. Instruct patient to "clinch" into positioner every day for about 5-10 minutes immediately following removal of sleep appliance.

CONTRAINDICATIONS

- Allergic response to thermoplastic material.
- Severe Class 2 or Class 3 situations – where a custom made morning bite would potentially prove more effective (available from SML).
- Distortion may result if stored in an excessively warm environment, e.g. automobile or direct sun light.

Important Note:

Should your patients experience any adverse events resulting from use of this device, instruct them to discontinue use and call your office.