



TAO User Manual

If you have any questions or concerns about instruction or the TAO Oral Appliance Therapy Device, please email support@reachsleep.com

INTRODUCTION

Reach Sleep TAO is a custom Oral Appliance Therapy device that aids in reducing and/or eliminating snoring by holding your lower jaw forward during sleep.

DIRECTION OF USE

The Reach Sleep TAO is intended for use on adults 18 years of age or older to reduce snoring.

TAO is a custom-fit device made specifically for intended patients. Anyone else cannot use the device. The device should be adjusted to comfort by sliding the rudders and fixing them in place with a set screw. Detailed directions are provided in this User Manual.

CONTRAINDICATIONS

The device is contraindicated for patients who:

- Suffer with central sleep apnea
- Have a severe respiratory disorder, such as asthma or emphysema
- Are under 18 years old
- Have been diagnosed with a joint disorder related to the jaw
- Have severe jaw pain, loose teeth or periodontal disease
- Have full dentures that are removed at night
- Wear fixed braces or a retainer at night
- Have had an implant less than 1 year ago

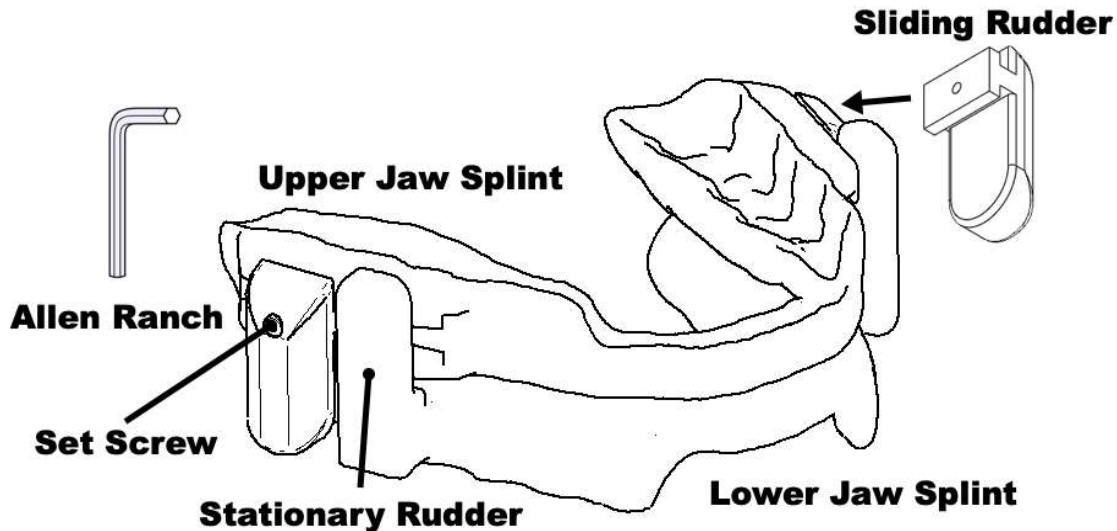
WARNINGS ⚠

Use of the device may cause:

- tooth movement or changes in dental occlusion
- gingival or dental soreness
- pain or soreness to the temporomandibular joint
- obstruction of oral breathing
- excessive salivation.

TAO PACKAGING INCLUDES

- 1 upper jaw splint
- 1 lower jaw splint
- 2 upper jaw splint sliding rudders (inserted in a splint)
- Allen ranch
- Storage Container
- Instruction Manual



MATERIAL CONTENT

- TAO Splints: Dental LT Comfort Resin
- Set Screw: 316 Stainless Steel


DIRECTIONS FOR DAILY USE

1. Insert before sleep.
2. Inspect the device before use. Contact ReachSleep if you observe any abnormalities.
3. Rinse with water before use.
4. Place the TAO devices, sandwiched together, in your mouth onto your teeth, and bite down until they are secured to your teeth.
5. Gently relax your jaw and settle down for a restful night.

To remove the TAO device:

1. First, remove the lower arch. Gently open your mouth and place your thumbs into your front areas near the corner of your mouth, near the rudders on both side edges of the device.
2. Apply even upward pressure to lift out and remove.
3. Repeat the same process for the upper splint by applying downward pressure into the front area using your index fingers.

Note: Do not remove one-handed, this will place unnecessary torque on the splint frame and can cause breakage.

WARNING : Always wear both upper and lower splints together. Never wear individual splints only.

HOME CARE INSTRUCTION

Sterilization is not required.

After use, thoroughly clean your TAO Device using a regular soft toothbrush, cool or warm water and mild detergent, such as orthodontic device cleansers or antibacterial liquid soaps.

Rinse thoroughly. Store in the container with air holes to ensure that your devices dry.

Daily soaking of your devices is not recommended.

Note: Mouthwash, bleach solutions, denture cleaners or abrasive toothpaste may harm the device.

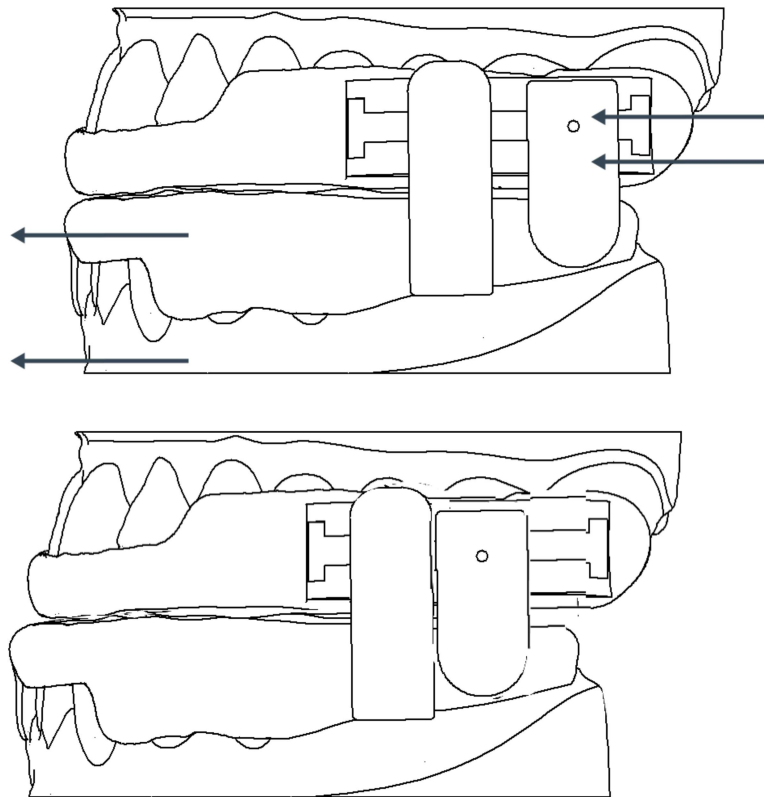
STORAGE

Keep out of reach of small children and pets. The TOA device should be stored in a cool, dry place. Ensure the device is not exposed to extreme temperatures below 50°F/10°C or exceeding 105°F/40°C.

ADVANCEMENT INSTRUCTIONS

The TAO splints fit over your teeth while you sleep to support your jaw in a forward position to keep your airways open.

Adjustments to the sliding rudders (on the top jaw splints) are made when the splints are not worn. The rudder position should be advanced before the first night's sleep. Minor advancement adjustments could be made if snoring is not reduced and/or eliminated.




First-Time Adjustment:

Jaw advancements are achieved by sliding forward and backward the upper jaw rudder. Do not tighten the set screw until the desired placement is achieved. The preferred placement is achieved by making small incremental movements to the rudders.

WARNING ⚠: Do not overtighten the set screw. Once the set screw makes contact, stop tightening.


1. Try using the TOA devices with the factory set sliding position settings.
2. Note if there is a gap between the sliding rudder and lower stationary rudder OR the the lower jaw is forced forward more than comfortable, adjust both the sliding rudders. The sliding rudder needs to be adjusted just enough to make contact with the stationary rudders but not too much to cause discomfort by pushing your lower jaw forward.
3. Once the rudders (both left and right) make a desired connection with the bottom stationary rudders, use an allen ranch to secure the sliding rudders, turning the allen ranch clockwise.

WARNING : Do not overtighten the set screw. Once the set screw makes contact, stop tightening.

Ongoing Adjustment:

If you notice that you are still snoring at night, then making small forward adjustments will be necessary. Make adjustments only after a week of use.

1. Using the allen ranch, loosed the set screw by loosening the set screw counter-clockwise. You will be able to loosen the grip with only 2 to 3 full rotations.
2. Once the set screws are loosened, adjust both the left and right rudders toward the front of the splints.
3. Try on for comfort. Make sure the lower jaw feels comfortable in the new position. Make sure both left and right rudders are adjusted evenly.
4. Once the rudders (both left and right) make a desired connection, use an allen ranch to secure the sliding rudders, turning the allen ranch clockwise.

WARNING : Do not overtighten the set screw. Once the set screw makes contact, stop tightening.

WARRANTY

Reach Sleep guarantees its CAD/CAM Splints to be free of defects in workmanship and materials for one year

This warranty does not cover:

- damage resulting from improper use or maintenance
- damage that is not caused by a manufacturing defect
- adaptations due to dental change
- appliances that do not fit due to defective or distorted impressions or bite registrations
- tartar deposits, stains, changes of color or odors
- damage caused by a pet

This warranty excludes clinical costs.

At ReachSleep discretion, appliances may be replaced or repaired.

For the warranty to be honored, the appliance must be sent back.



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Single Patient. Multi-use.

For additional support, contact support@reachsleep.com

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