

# Sleep Appliance Titration Guide



Appliance	Titration Tool	Range	Increments	Material
Adjustable PM Positioner™	wire key	7mm (1.5 back, 5.5 forward)	can vary (each turn = 1/4 mm)	Thermosensitive acrylic, ss wire
EMA®	elastic strap	8mm	1mm	Thermoplastic polymer, latex-free elastic straps
EMA 1st Step	elastic strap	8mm	1mm	Thermoplastic polymer, latex-free elastic straps
Oasys™	hex wrench	10 mm	can vary	Thermoplastic polymer, thermosensitive acrylic, ss wire
Narval™ CC	connecting rod	15 mm	.5mm	Polyamide
Somnodent®				
Classic	wire key	6mm	1 turn = 1/10 mm, 10 turns = 1mm	Acrylic, ss wire
Flex	wire key	6mm	1 turn = 1/10 mm, 10 turns = 1mm	Acrylic with Flex liner
Fusion™	wire key/wings	8.5mm	1 turn = 1/10 mm, 10 turns = 1mm	Acrylic with Flex liner or just Acrylic
			Fusion wings, roughly .5 mm each	
G2	clips	10mm (2 back, 8 forward)	1/2 mm	Acrylic with Flex liner, no metal
HerbstAdvance™	wire key	8mm	can vary, visual indicator	Acrylic with Flex liner or just Acrylic
TAP® 3 TL	TAP tool	7mm	can vary, visual indicator	Thermablend, Durasoft, Nickel free hardware
dreamTAP	TAP tool	15mm	can vary, visual indicator	Durasoft and Acrylic, Nickel free hardware
dreamTAP DuraFit	TAP tool	15mm	can vary, visual indicator	Thermoplastic, Nickel free hardware
my TAP	adjustment dial	20mm	1/3 mm every 2 nights	Remoldable plastic



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# Sleep Appliance Cleaning Guide



Appliance	Cleaning Method Daily	Cleaning Method Weekly	Other notes	Storage	Material
Adjustable PM Positioner™	Brush with non abrasive toothpaste, cool water	Soak 10 min in Polident for Partials	Never store in water for more than 1 hr, will weaken	Store dry	Thermosensitive acrylic, ss wire
EMA®	Brush with non abrasive toothpaste, cool water	Soak 10 min in Polident for Partials	Heat will easily warp appliance	Store dry	Thermoplastic polymer, elastic straps
EMA 1st Step	Brush with non abrasive toothpaste, cool water	Soak 10 min in Polident for Partials	Heat will easily warp appliance	Store dry	Thermoplastic polymer, elastic straps
Oasys™	Brush with mild soap and cool water	Soak 10 min in Polident for Partials		Store dry	Thermoplastic polymer, thermosensitive acrylic, ss wire
Narval™ CC Somnodent®	Brush with cool water	Soak 3 min Polident for Partials/water	Soaps can absorb into appliance and cause irritation	Store dry	Polyamide
Classic	Brush with mild detergent or just cool water	N/A	No toothpastes, no ultrasonic cleaning, no hot water	In water	Acrylic, ss wire
Flex	Brush with mild detergent or just cool water	N/A	No toothpastes, no ultrasonic cleaning, no hot water	In water	Acrylic with Flex liner
Fusion™	Brush with mild detergent or just cool water	N/A	No toothpastes, no ultrasonic cleaning, no hot water	In water	Acrylic with Flex liner or just Acrylic
G2	Brush with mild detergent or just cool water	N/A	No toothpastes, no ultrasonic cleaning, no hot water	In water	Acrylic with Flex liner
HerbstAdvance™	Brush with mild detergent or just cool water	N/A	No toothpastes, no ultrasonic cleaning, no hot water	In water	Acrylic with Flex liner or just Acrylic
TAP® 3 TL	Brush with mild soap and cool water	N/A		Store dry	Thermablend, Durasoft, Nickel free hardware
dreamTAP	Brush with mild soap and cool water	N/A		Store dry	Acrylic, Durasoft, Nickel free hardware
dreamTAP DuraFit	Brush with mild soap and cool water	N/A		Store dry	Thermoplastic, Nickel free hardware
<b>ALL</b>	<b>Never use mouthwash, ammonia, bleach, peroxide or expose to alcohol</b>				