

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
Panthera D-SAD™	connecting rod	20 mm (16-36 mm rods)	.5mm	Polyamide
ResMed Narval™ CC	connecting rod	14 mm	.5mm	Polyamide
SomnoDent®				
Classic	wire key	6mm	1 turn = 1/10 mm, 10 turns = 1mm	Acrylic, ss wire and hardware
Flex	wire key	6mm	1 turn = 1/10 mm, 10 turns = 1mm	Acrylic with Flex liner, ss hardware
Fusion™	wire key/wings	8.5mm	1 turn = 1/10 mm, 10 turns = 1mm	Acrylic, Flex liner optional, ss wire and hardware
			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, Flex liner optional, ss hardware
TAP® 3 TL	TAP tool	7mm	can vary, visual indicator	Thermablend, Durasoft, nickel free hardware
dreamTAP	TAP tool	15mm	can vary, visual indicator	Polycarbonate thermoformed trays, chromium-cobalt
dreamTAP DuraFit	TAP tool	15mm	can vary, visual indicator	Thermosensitive acrylic, chromium-cobalt 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					
Oasys™	Brush with mild soap and cool water	Soak 10 min in Polident for Partials		Store dry	Thermoplastic polymer, thermosensitive acrylic, ss wire
Panthera D-SAD™	Brush with lukewarm water	Use antibacterial chlorine-free orthodontic cleaning solution twice a week.	Soaps can absorb into appliance and cause irritation	Store dry	Polyamide
ResMed Narval™ CC	Brush with cool water	Soak 3 min Polident for Partials/water	Soaps can absorb into appliance and cause irritation	Store dry	Polyamide
SomnoDent®					
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					Acrylic with Flex liner
Fusion™					Acrylic with Flex liner or just acrylic, ss wire and hardware
G2					Acrylic with Flex liner
HerbstAdvance™					Acrylic with Flex liner or just acrylic, ss hardware
TAP® 3 TL	Brush with mild soap and cool water	N/A		Store dry	Thermablend, Durasoft, nickel free hardware
dreamTAP					Polycarbonate trays, chromium-cobalt hardware
dreamTAP DuraFit					Thermosensitive acrylic, chromium-cobalt hardware
ALL	Never use mouthwash, ammonia, bleach, or expose to alcohol				



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