

Getting To Know Your

# **DynaFlex** **Adjustable** **Herbst®**



 **DynaFlex®**

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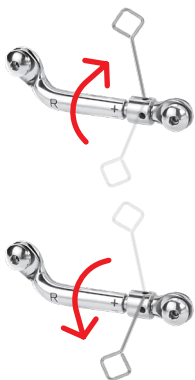
# Identifying The Parts Of Your DynaFlex Adjustable Herbst®

## Traditional Telescope Arm



## Forward Adjustment

Fit your calibration tool into the adjustment keyhole and rotate 90° in the direction of the plus sign (+) or the red dot on the device.



## Backward Adjustment

Rotate your calibration tool in the opposite direction of the plus sign (+) or the red dot on the device.

## To Make Adjustments

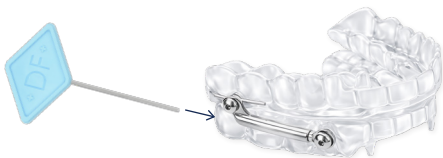
Hold device with activation facing toward you.

90° Turns	16	32	48	64	80
Adj.	1.0mm	2.0mm	3.0mm	4.0mm	5.0mm

## Advanced Titration (AT) Arm



All devices equipped with AT arms have an advanced titration mechanism that offers simpler yet precise adjustments with measuring scales on arms.



### Forward Adjustment

Place titration key into the arm hole and rotate 360° counter-clockwise. Four (4) turns are equal to 1.0mm advancement.

### Backward Adjustment

Rotate your calibration tool in the opposite direction—clockwise.

360° Turns	1	4	8	12	16
Adj.	.25mm	1.0mm	2.0mm	3.0mm	4.0mm

360° Turns	20	24	28
Adj.	5.0mm	6.0mm	7.0mm

# Instructions For Daily Use

## Inserting the Upper Device

Place the upper device in your mouth. Press up on the device with both thumbs to ensure that it fits securely and comfortably.

## Inserting the Lower Device

Place the lower device in your mouth. Press down on both sides of the device using your index fingers to ensure it fits comfortably.

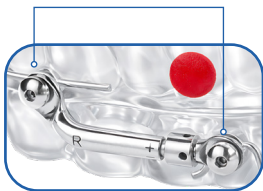
## Removal

Always remove the lower device first. Using your thumbs on both sides, gently pull the lower device in an upwards motion to remove. Using both your index fingers and thumbs, gently pull the upper device down and forwards to remove.

**Tip:** Use lip balm during the first few nights of wearing your DynaFlex Herbst® to help keep lips moist.

## Important Note

The screws on both sides of the device should be tightened periodically, using the appropriate provided titration tool provided.



Traditional Herbst® Arm



Advanced Titration (AT) Arm

## Cleaning Instructions

Always clean your device in the morning immediately after having removed it from your mouth. Use a soft tooth brush.

- Never use hot water, hot water damages your device and will invalidate the warranty.
- Never soak your device in cleaner as it can cause delamination.
- After having removed the device from the storage case, thoroughly brush it with a tooth brush and rinse it under cool running water.
- Dry all parts of the device and storage case carefully and thoroughly using a clean towel.
- When not in use, the device should be stored in your Sleep Well storage case.

### **Please note:**

To reduce the possibility of discoloration, do not drink coffee, tea or cola with the device in place. Always brush teeth thoroughly before use.

## Possible Side Effects

You may experience some temporary side effects, such as sore jaw joints, increased salivation, dry mouth, sore teeth, irritation of the soft tissues in the mouth and/or a slight change in your bite. These possible side effects should diminish within an hour of removing the device. If any of these side effects continue, contact your dentist immediately.

# Crafted For Better Sleep

Your DynaFlex Adjustable Herbst® is custom-made with precision and clinical expertise to support healthy, restorative sleep.

Each device is individually manufactured using advanced technology and high-quality materials to ensure comfort, durability, and reliable performance night after night.

Sleep plays a vital role in your overall health — from heart function to daily energy and mental clarity. By wearing your appliance as directed, you are taking an important step toward protecting your long-term well-being.

**Sleep deeply. Live fully.**

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