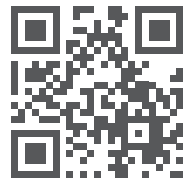


Operation Manual Palate Trainer



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Introduction

Dear Customer,

Congratulations on your purchase of the snorflex *Palate Trainer*!

Palate Trainer - the fitness trainer for your soft palate - enables you to reduce primary snoring. With daily training you can significantly reduce your

primary snoring within a few weeks. *Palate Trainer* is not a medical device and is only intended for use against primary snoring. Primary snoring is not a medical condition. We wish you a successful training.

Product description

How is your *Palate Trainer* structured and what is the function of the different elements?

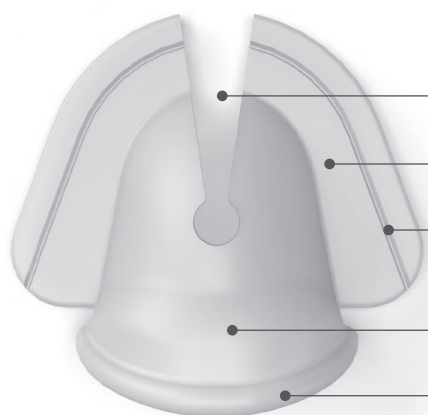


Figure 1:

- 1 Adaptation gap: For adapting to the width of the palate
- 2 Tooth-bite plate: For fixation of the *Palate Trainer*
- 3 Correction notch: To reduce the width of the *Palate Trainer*
- 4 Upper side: For support on the hard palate
- 5 Posterior rim bead: As a rim for the palate

Effects and benefits of the *Palate Trainer*

What is *Palate Trainer* used for?

Palate Trainer helps you reduce your primary snoring. Primary snoring occurs as a result of a muscles relaxation in the area of the soft palate and tongue. Your *Palate Trainer* is designed to counteract this muscle slackening through targeted exercises.

How is the snoring sound produced in primary snoring?

Snoring sounds occur when the soft palate and the uvula vibrate during breathing. Such vibrations can occur as soon as the muscle tension in the soft palate and the uvula is reduced, for example during sleep.

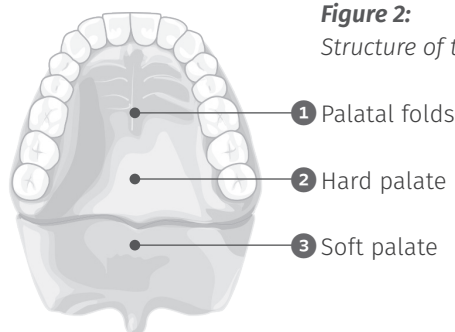
What does your *Palate Trainer* do?

The *Palate Trainer* causes a build-up of the muscles in the area of the soft palate and the palatal arches thanks to isometric contraction. With each swallowing act, the muscles of the palate tighten and, in doing so, it pushes against the rear edge of your *Palate Trainer*. This contact increases the tension in the muscles of the soft palate and the palatal arches, strengthening the soft palate.

Is there any evidence for the effectiveness of the *Palate Trainer*?

The novel approach to reduce primary snoring was confirmed in a study with 102 subjects who wore *Palate Trainer* for 2 x 15 minutes daily. After only 4 weeks, an average reduction of 69% in snoring volume was observed. Since the snoring volume

Figure 2:
Structure of the palate



- 1 Palatal folds
- 2 Hard palate
- 3 Soft palate

decreased from „very strong“ to „low“ all subjects of this study felt more rested in the morning and more efficient for the day.¹

What positive influence does *Palate Trainer* have on your well-being?

Possible consequences of snoring are described as follows:^{2,3}

- > restless sleep
- > dry mouth
- > daytime sleepiness
- > reduced ability to concentrate
- > strains in the relationship

Palate Trainer can help you return to a healthy and restful sleep minimizing any secondary symptoms of primary snoring.

1 Ahmed F. Analyse verschiedener Therapieformen des Schnarchens und Untersuchung des isometrischen Muskelaufbaus durch den Pharynxmuskeltrainer, Med Diss Hamburg 2020.
2 De Meyer MMD, Jacquet W, Vanderveken OM, Marks LAM. Systematic review of the different aspects of primary snoring. Sleep Med Rev. 2019 Jun;45:88-94. doi: 10.1016/j.smrv.2019.03.001. Epub 2019 Mar 13. PMID: 30978609.
3 World Health Organization (WHO): WHO technical meeting on sleep and health. Germany, 22-24 January 2004.

Use of the *Palate Trainer*

How do you prepare your *Palate Trainer*?

Remove your *Palate Trainer* from the packaging. Then rinse the *Palate Trainer* under running water.

How do you use your *Palate Trainer*?

- 1 Moisten the oral mucosa by rinsing your mouth with water.
- 2 Place the moistened *Palate Trainer* in your mouth with the opening of the adaptation gap (see **Figure 1: 1**) facing forwards so that the opening is facing the incisors and the *Palate Trainer* is resting against the palate.

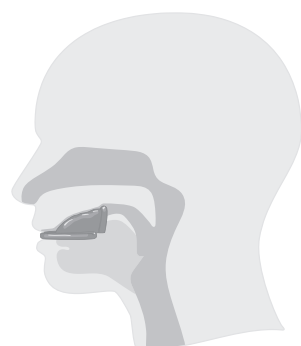


Figure 3: *Palate Trainer* in the mouth

Notice: Increased saliva production improves the training effect, as you have to swallow more frequently. The *Palate Trainer* represents a foreign body in your oral cavity and is therefore the cause of increased saliva production. This effect is desired.

- 3 Now push the *Palate Trainer* so far back (towards the throat) that the posterior rim bead (see **Figure 1: 5**) of the *Palate Trainer* touches your soft palate. This should not trigger a gag reflex. If a gag reflex occurs, the *Palate Trainer* reaches too far back. In this case, move the *Palate Trainer* forward in the direction of the upper incisors.
- 4 To fix your *Palate Trainer* close your mouth and bite down on the tooth-bite plate (see **Figure 1: 2**).
- 5 Keep the *Palate Trainer* in this position for a total of 30 minutes per day. You can divide these 30 minutes daily into 1 to 6 partial phases of 30 to 5 minutes each.

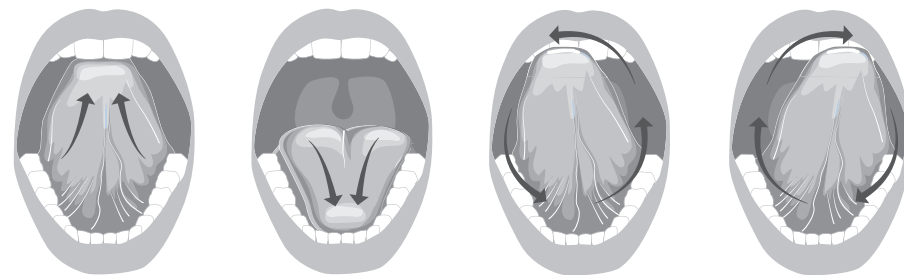
What do you need to do after using your *Palate Trainer*?

- 1 After completing the exercises with your *Palate Trainer*, remove the *Palate Trainer* from your mouth.
- 2 Rinse your *Palate Trainer* under running water and return it to the storage container to dry.

How do you increase the training effect of your *Palate Trainer*?

You can increase the training effect of the *Palate Trainer* by performing the following mouth and tongue exercises. These exercises are performed without the *Palate Trainer* in the oral cavity. These exercises will strengthen the tongue retaining muscles. Repeat each exercise 10 times if possible.

Figure 4:
Supportive mouth and tongue exercises - without *Palate Trainer*



Exercise 1:
Press the tip of your tongue against the roof of your mouth.

Exercise 2:
Press the tip of the tongue against the lower incisors.

Exercise 3:
Run your tongue around the inside of the upper and lower lip from left to right.

Exercise 4:
Run your tongue around the inside of the upper and lower lip from right to left.

Cleaning & care

To ensure the full service life of your *Palate Trainer*, please observe and follow the following instructions for its cleaning, care and storage.

How often and with what do you clean your *Palate Trainer*?

Clean your *Palate Trainer* at least once a day with a toothbrush and toothpaste. Then rinse the *Palate Trainer* under running water.

Notice: The shape of your *Palate Trainer* is decisive for its effect. Therefore, you must not place your *Palate Trainer* in boiling or very hot water or clean it in the dishwasher, as this may cause losing its shape and its effect.

Service life & disposal

What is the maximum service life of your *Palate Trainer*?

For hygienic reasons you should replace your *Palate Trainer* after one year at the latest. This is due to the normal aging of the synthetic material from which your *Palate Trainer* is made.

It is recommended to change the *Palate Trainer* after 6 months.

How do you dispose of your *Palate Trainer*?

At the end of usage you can dispose of your *Palate Trainer* with your normal household waste.

Important instructions for the use of the *Palate Trainer*

When to consult a doctor before using the *Palate Trainer*:

Snoring is divided into primary and secondary snoring.

- > Primary snoring: The snoring sound is caused by fatigue of the soft palate and uvula muscles, which then vibrate during sleep when breathing.
- > Secondary snoring: The snoring sound is caused by sleep-related disorders that can lead to breathing disorders and even respiratory arrest (sleep apnea syndrome). To be sure that you are suffering from primary snoring, we recommend that you see your doctor.

In which cases should you not use the *Palate Trainer*?

Do not use the *Palate Trainer* in the following cases:

- > in the case of a pronounced gag reflex.
- > in case of known allergies to dental acrylics, in particular to Pebax® 3533,
- > if you have loose teeth, you may use *Palate Trainer* only after approval by your dentist.

What desired effects can occur when using the *Palate Trainer*?

- > An increased flow of saliva while wearing the *Palate Trainer* is desired, leads to more frequent swallowing and promotes muscle development in your palate and pharynx.
- > At the beginning of use, a kind of „sore throat“ may occur due to „muscle soreness“ in the area of the soft palate, which usually disappears within a week.

What problems can occur in connection with the *Palate Trainer*?

- > **Allergy to the dental acrylics Pebax® 3533:** The likelihood of a first-time allergy to Pebax® 3533, the synthetic material used for *Palate Trainer*, is extremely rare. An allergy is manifested by a

burning and reddening of the oral mucosa. In such a case, remove your *Palate Trainer* from the mouth immediately. The symptoms usually disappear quickly. However, if they persist for longer than 24 hours and may worsen, you should consult a doctor.

- > **Occurrence of inflammatory signs in the oral cavity:** Inflammations in the oral cavity in connection with the *Palate Trainer* are considered to be very rare. A possible cause may be the colonization of the *Palate Trainer* with microorganisms (e.g. fungi or bacteria). It can occur due to improper or irregular cleaning of the *Palate Trainer*. You can counteract this by following the aforementioned cleaning instructions and replacing your *Palate Trainer* as recommended after 6 months, but after 1 year at the latest.

Note: If cleaning of your *Palate Trainer* is no longer possible, you must replace it with a new *Palate Trainer*.

- > **Swallowing the *Palate Trainer*:** The probability of swallowing the *Palate Trainer* is extremely rare. Since a conventional maxillary denture is smaller in size than the *Palate Trainer* and is seldomly swallowed, unintentional swallowing of the *Palate Trainer* can be practically ruled out. Should swallowing nevertheless occur, you should consult a doctor immediately.

In case of questions or the unlikely occurrence of complaints (e.g. itching/burning on the palate), please contact your general practitioner or dentist.

You can also find further information on our homepage: www.snorflex.de