



Clinical Techniques for Delivering the dreamTAP™

Sleep Apnea Device



How To Fit dreamTAP Trays

The following instructions pertain to dreamTAP™ trays. **It is essential to make certain both trays fit over the patient's teeth.** If the trays are too loose or too tight, contact the laboratory that fabricated the device to discuss adjustment options.

■ STEP One

First, inspect the dreamTAP to ensure it is not damaged. If there is any indication of damage, do not fit the device in the patient's mouth. Also, clean the device with antibacterial soap.

■ STEP Two

Starting with the lower tray, position the tray over the teeth and, using your thumbs, push the appliance onto the teeth. Start from the posterior and work your way to the anterior. If the tray is too tight, reduce the height of the flanges covering the teeth. Do not relieve the lining. If a specific area needs adjustment, remove some of the lining in conservative increments. Removing too much of the lining at once can ruin the tray.

■ STEP Three

If the anterior area is still too tight or uncomfortable, carefully remove a small amount of the dual-laminate lining from the areas of the tray with too much retention. Use a thin, straight acrylic bur and then a sharp knife to remove all visible tags. Repeat the same process with the upper tray.



■ STEP Four

Ask the patient to place both trays in the mouth. (*Note: Instruct the patient to engage the trays together outside of the mouth before putting the appliance in the mouth.*) Ask the patient if the trays are tight, but not uncomfortable; provide equal fit in all areas; and are comfortable to the tongue. Also, ensure the patient is able to remove the trays.

■ STEP Five

With the trays hooked together in the patient's mouth, adjust the patient's jaw to a normal bite position by dialing the adjustment key. Examine the lower tray in relation to the upper tray. It is extremely important to have a minimum of 1 mm of space bilaterally in the posterior areas at all times, in all positions. This will allow you to add posterior stops once the patient has reached the final treatment position.



dreamTAP Hook Setting and Adjustments

The initial position should be set by the prescriber according to the following instructions. The hook moves forward and back by using the adjustment key to dial the adjustment screw clockwise or counterclockwise. Each 180-degree turn is a 0.25 mm adjustment.

Note: *The setting adjustments for steps 1–5 are written from the perspective of the clinician looking at the patient.*

■ STEP One

Instruct the patient to couple the trays together by inserting the hook over the flat area in the bar. Then, have the patient place the device in his mouth.

■ STEP Two

Dial the adjustment key counterclockwise to the patient's maximum mechanical protrusion. The patient will feel a slight stretch in his temporomandibular joints. If the patient doesn't reach this maximum passive protrusion when engaged, continue to dial the adjustment key until he reaches this point.

■ STEP Three

Remove the trays by pulling on the posterior of the trays. Next, place the device back in the patient's mouth. To establish the patient's starting position, dial the hook clockwise until the patient's teeth are end to end.

■ STEP Four

Mark the base plate even with the anterior side of the hook. This indicates the patient's starting position.

■ STEP Five

On the protrusion gauge, each mark and each space between the marks is 1 mm wide. The protrusion gauge is 7 mm long from the front of the plate to the most posterior mark. Instruct the patient to wear the appliance in this end-to-end position for three to four nights before starting the adjustments.

■ STEP Six

(Note: This step is written from the patient's perspective.) From the starting position, the patient should turn the adjustment key a half turn (180 degrees) clockwise (toward the right ear) per night until all of the symptoms are alleviated. To remove the appliance, the patient should leave the hook in the adjusted position. The appliance should be detached from the teeth before unhooking.

If any position becomes uncomfortable, dial the hook back until the pain subsides. Do not start dialing forward again until the jaw is comfortable.

■ STEP Seven

If the patient's mandible needs to be moved further forward, there are multiple hook sizes to increase the protrusion. To change hooks:



A: *Using the hex screwdriver, loosen the two outside screws.*



B: Remove the front plate.



E: Replace the front plate (flat side down and outside holes toward device) and retighten the two outside screws.



C: Slide the initial hook toward you to remove it from the base.



D: Use the key provided with the device to remove the screw from the initial hook. Insert the screw into the replacement hook. Slide new hook into place.



800-407-3326
glidewell dental.com