

Silent Nite[®]

with GLIDEWELL HINGE[™]



Clinical reference for the Silent Nite[®] with Glidewell Hinge[™]

The Silent Nite[®] Sleep Appliance with Glidewell Hinge[™] is a medical device that treats sleep-disordered breathing. It alleviates snoring and mild to moderate obstructive sleep apnea by positioning the mandible forward during sleep to prevent the tongue and soft tissue of the throat from collapsing into the airway. The device consists of upper and lower splints that fit over the teeth. The Herbst-style hinges are designed to allow freedom of lateral mandibular movement, with up to 10 mm of protrusion. Because the appliance is Medicare approved, it is eligible for reimbursement for patients 65 years of age and older.



The custom-fit Silent Nite with Glidewell Hinge appliance is a one-piece device. It consists of upper and lower splints that are connected by Herbst-style hinges.

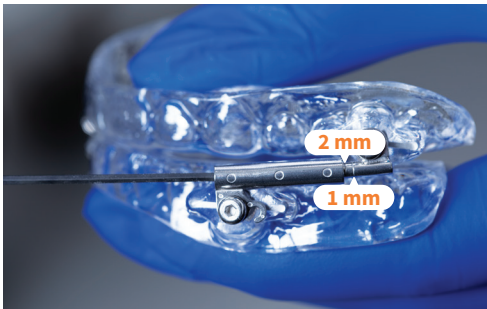


Instruct your patient to insert the appliance into the mouth.

- Push the upper splint onto the maxillary teeth first.
- Follow by sliding the mandibular teeth into the lower splint.



If the appliance is too tight or uncomfortable, make adjustments by using an acrylic bur followed by polishing.



The appliance arrives from the lab with a 2 mm protrusive starting point. The hinges have anterior advancement holes and the hex driver is used to advance the mandible in half-turn increments toward the patient's left side.

- Each 180-degree turn is 0.25 mm advancement.
- One full turn is 0.5 mm advancement.
- Two full turns is 1 mm advancement.



Determine if your patient should begin treatment at the 2 mm protrusive position, and demonstrate to your patient how to adjust the protrusion.

- To extend the jaw forward, instruct your patient to insert the hex driver into the front of the hinge.
- The patient should turn the driver one full rotation toward the left side of the body per night on each hinge until symptoms are alleviated.
- The patient can turn the driver toward the right side equally on each hinge to decrease extension of the lower jaw if necessary.



Note the hooks on the top and bottom portions of the appliance. Optional elastic bands, which are included in each case, may be attached to the hooks to help the following:

- Limit jaw movement.
- Encourage nasal breathing.

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FOR MORE INFORMATION

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for the sake of smiles