

ORAL APPLIANCE

QuietNite Sleep

BEFORE YOUR APPOINTMENT

- Your appliance is custom made from scans or impressions of your teeth, so expect two visits — one to capture the records, one to fit and adjust.
- Bring your sleep study results if you have them, or let us know if you've been diagnosed with sleep apnea by a physician.
- Tell us about jaw joint (TMJ) pain, clicking, or limited opening, and about any loose teeth, active gum disease, or extensive dental work.
- Brush and floss before your fitting appointment.
- This device treats snoring and mild to moderate obstructive sleep apnea in adults 18 and older. If you have severe sleep apnea, it is not a substitute for CPAP — we'll coordinate with your physician.

AFTER YOUR TREATMENT

The First Nights

Expect an adjustment period. Excess saliva, mild jaw soreness, or tooth tenderness in the morning are common in the first one to two weeks as your muscles adapt. Most patients acclimate quickly.

Wearing It

Insert the appliance after brushing and flossing. If you use mouthwash, rinse thoroughly first. Wear it every night — consistency is what produces results.

Adjusting the Connectors

The QuietNite uses two lateral connectors that gently advance your lower jaw. These are adjustable at home, but advance gradually and only as directed. Moving too far too fast causes jaw soreness.

Morning Jaw Exercises

Your bite may feel slightly off for a few minutes after removing the appliance. Gentle jaw exercises or biting on the provided aligner helps your bite settle back. If it doesn't normalize within about 30 minutes, let us know.

Daily Cleaning

Rinse with cool water after each use and clean with a peroxide-based appliance cleaner. Never use hot water — heat will warp the trays. Air dry completely, then store in its case.

Storage

Always keep it in the case when not worn. Pets are drawn to these devices, and a chewed appliance means a full remake.

Follow-Up

We'll see you back to confirm fit, verify the advancement is effective, and check that your bite and jaw joints remain healthy. Ongoing periodic checks are part of appliance therapy.

Call Us If

Jaw pain persists through the day, your bite feels permanently changed, teeth become loose or shift, or the appliance cracks, doesn't fit, or stops controlling your snoring.

These are general guidelines. Any instructions given to you for your specific treatment always take priority. If something doesn't feel right — severe or increasing pain, bleeding that won't stop, fever, spreading redness, or a reaction to medication — call us at (407) 678-1400.