

## Product Information

Ripsnore™, is the most advanced Mandibular Advancement Device on the market, designed and manufactured by Australians. This device is designed to minimize the effects of snoring on the user and is NOT suitable for use by children.

### OUR GUARANTEE

If you follow the simple instructions for fitting your Ripsnore™ device and your snoring does not reduce by 80-100% simply return the device within 45 days and we will refund your money. No questions asked, your money will be refunded regardless! That is how much faith we have in our product!

**Manufactured by Ripsnore Pty Ltd,  
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Email: [Sales@Ripsnore.com.au](mailto:Sales@Ripsnore.com.au)**

### PRODUCT RETURNS

If you purchased your device from a reseller, chemist or pharmacy outlet then the device MUST be returned to the place of purchase for a refund. You must include a copy of the purchase receipt with the device. If the device was purchased online directly from Ripsnore then please return to the Ripsnore post office box relevant to your country.

## Customer Testimonials



"I want to tell you that I'm "knocked out" by the performance of my device. I've tried all the pills, sprays and "what have you's" on the market and nothing worked. Now I sleep like a baby!!! I'm delighted and grateful to you as is my wife, my dog and the neighbours. Thanks again. You and your product have turned my life around! Gratefully"

**- Michael Comsle, Perth Western Australia**

"I purchased the RIPSNORE about three weeks ago for my flatmate who snored like crazy. He was totally against it because he did not believe he snored that badly. I told him that if he did not at least try it, I would have to get a new flatmate. Anyway, the device worked straight away and we are both now getting a great night's sleep (and a lot less fighting). Thanks for the great product! Keep up the good work."

**- Amy Woods, Sydney New South Wales**

"Ripsnore has solved our problem and it only took me about 3 nights to get used to it. My husband is so happy and it works great with my dentures. Thank you very much."

**- Margaret Read, Hamilton Brisbane**

# RIPsnore™

Rest in peace. Australia's original anti-snoring device.

## Stop or reduce your snoring or your money back.

### It's that simple.



[www.ripsnore.com.au](http://www.ripsnore.com.au)

# Welcome to Ripsnore™

Thank you for purchasing the Ripsnore™, the most advanced Mandibular Advancement Device on the market, designed and manufactured by Australians.

This device is designed to minimize the effects of snoring on the user and is NOT suitable for use by children. It is not to be used as a cure for obstructive sleep apnea and should not be used by people with tooth or gum problems or epilepsy.

People with dentures or those who do not have a full and healthy set of teeth should consult the dentist before using the device. If you use topical oral medications, pastes or lotions do NOT use the device on the same night as it may react with some applications.

## How it works?

The Ripsnore™, when molded and worn correctly will slightly extend the user's lower jaw thereby increasing the clearance between the back of the throat and tongue. This increased clearance will help keep the upper airway open which will reduce the frequency and volume of snoring.

## How is Ripsnore™ used?

This device, when correctly fitted and used, should last between 6-18 months. The device is first fitted and then worn each night before going to sleep. It is removed in the morning and then cleaned if necessary. To clean the device just wash with water and place back into the protective container to air-dry.

The frequency of device replacement depends upon both the force of the lower jaw pushing back on the device, thus changing the molded shape and whether or not the user grinds or clenches their teeth.

## Fitting Instructions

Preparation:

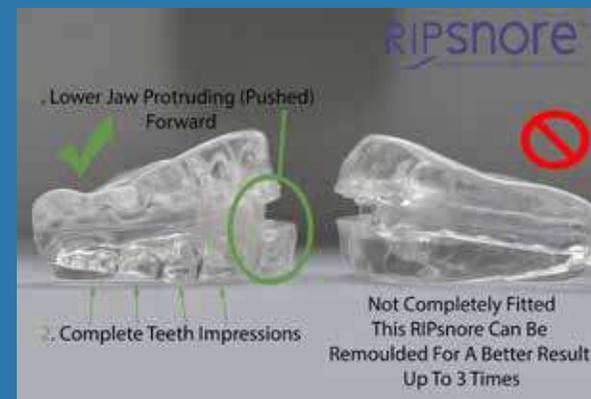
You will need the following before fitting.

1. A watch with a second hand for timing
2. A kettle, jug or pot to boil water
3. Pair of kitchen tongs or tweezers (something to hold the Ripsnore by the plastic tab)
4. A bowl with iced or cold water

Practice putting the device and the spacer in to your mouth. Make sure all teeth are in the grooves of the device and that the device is the correct way up with the bow at the top of the guard for the top teeth. Move your bottom jaw about halfway forward – this is typically where both your top and bottom teeth are totally aligned. If you extend your jaw too far forward you will be increasing the chance of possible jaw pain. If snoring persists after the first night then the device can be re-molded to extend the jaw further.

If necessary, continue increasing the extension in small steps until either the snoring stops or you experience jaw pain. If you experience jaw pain and the snoring has not stopped then this type of device will not work for you. There will always be a small amount of discomfort but this will usually disappear after several days. Please visit the FAQ section on the website for more information on possible side effects.

## How a Correctly Fitted RIPSnore Looks



## Fitting

Fill a container or kettle with enough water to allow the mouthpiece to be completely submerged.

1. Heat on a stove or in a microwave until the water boils vigorously. Do not put the Ripsnore™ mouthpiece into the water whilst it is boiling. Remove the boiling water from the heat source.
2. Holding the Ripsnore by the plastic tab with the tongs, dip the mouthpiece into the hot water for exactly 30 seconds in order to soften the plastic.
3. Remove the mouthpiece from the hot water and gently shake off the excess water.
4. Touch the device against your skin to make sure it is not too hot. If it is too hot or has been in the water too long, wait for the device to cool down before inserting into your mouth.
5. Place the device in your mouth so that the upper and lower teeth are located in the grooves as practiced earlier, but DO NOT BITE DOWN.
6. Holding the tab with your fingers and TOP facing up, move the lower jaw into the comfortable forward position as practiced earlier **and bite with moderate force into the device**. Remember that the most forward comfortable position will give the best results.
7. The mouthpiece will be hot but will not burn you. Suck the air out of the mouthpiece and with your tongue and lips press against the mouthpiece to get a tight fit. You can use your fingers to press against your lips and cheeks to improve the custom fit. **A better fit is obtained by pressing directly against the teeth, you will feel the soft plastic move with the applied pressure.**
8. Keep biting and applying the pressure with your fingers and tongue for 30 seconds.
9. Remove the mouthpiece and place in ice-cold water for 60 seconds to set the shape.
10. Refit the mouthpiece into your mouth to check the fit.
11. If the fit is not comfortable, you may do the exercise again, remembering this time to only dip the mouthpiece for 18 seconds into the hot water.
12. Remove the plastic spacer to allow for breathing through the device.
13. If you do not stop snoring completely, re-mold with your jaw extended a little further forward. Replace the plastic spacer when remolding to stop the breathing holes from closing.