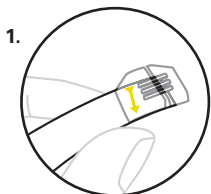


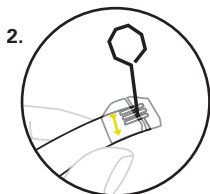
ProSomnus [CA] Sleep and Snore Devices:

Jaw advancements are achieved by adjusting the expansion screw, using the tool provided, per your doctor's prescription. **Note:** The arrows on the side of the expansion screw. These indicate the direction to turn the screw to advance the post. Each 90° turn is 0.1mm.

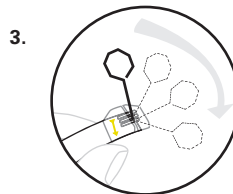
ProSomnus [CA] Sleep and Snore Device Forward Adjustment:



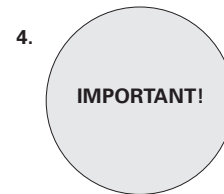
Hold upper tray with expansion screw facing you. Locate yellow reference arrow on device.



Fit the expansion tool into the adjustment keyhole.

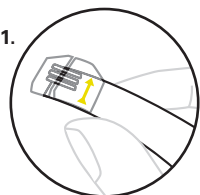


Rotate the expansion tool 90° in the direction of the arrow to advance forward.

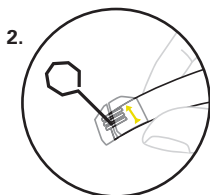


Count your turns and repeat adjustments on both sides.

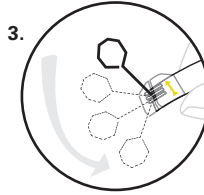
ProSomnus [CA] Sleep and Snore Device Backward Adjustment:



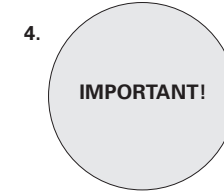
Hold upper tray with expansion screw facing you.



Fit the expansion tool into the adjustment keyhole.



Rotate the expansion tool 90° in the direction opposite of the arrow.



Count your turns and repeat adjustments on both sides.

ProSomnus [CA] Sleep and Snore Device Advancement Tables:



Starting Position



+5.0mm

Note: Your ProSomnus [CA] Sleep and Snore Device can be adjusted within a 12.0mm total titration range. Your prescriber will instruct you on the number of 90° screw turns to make based on comfort and symptom reduction. Your prescriber may provide you with an additional lower arch to achieve additional advancement.

Resetting Upper Post: Turn screw on Upper [CA] Arch 90° in the opposite direction to move post to the back of the arch.

*Do not exceed maximum number of turns.

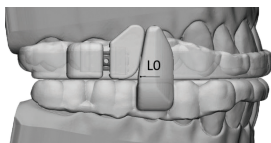
ProSomnus [CA] Sleep and Snore Device, (Upper [CA] Arch + Lower 0 Arch):

| 90° Screw Turns | Reverse (90° Screw Turns) | | Bite Starting Position | Forward (90° Screw Turns) | | | | | | | | | |
|---------------------------|---------------------------|---------|------------------------|---------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| | -10 | -5 | 0 | 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | *50 |
| Expansion Screw Adj. (mm) | -1.0 mm | -0.5 mm | 0.0 mm | 0.5 mm | 1.0 mm | 1.5 mm | 2.0 mm | 2.5 mm | 3.0 mm | 3.5 mm | 4.0 mm | 4.5 mm | 5.0 mm |

ProSomnus [CA] Sleep and Snore Device with Additional Lower Advancement Arch, (Upper [CA] Arch + Lower +5.0mm Arch):

| 90° Screw Turns | Expansion screw reset position | Forward (90° Screw Turns) | | | | | | | | | | | |
|---------------------------|--------------------------------|---------------------------|--------|--------|--------|--------|--------|--------|--------|--------|---------|---------|---------|
| | 0 | 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | *60 |
| Expansion Screw Adj. (mm) | 5.0 mm | 5.5 mm | 6.0 mm | 6.5 mm | 7.0 mm | 7.5 mm | 8.0 mm | 8.5 mm | 9.0 mm | 9.5 mm | 10.0 mm | 10.5 mm | 11.0 mm |

ProSomnus [CA] LP Sleep and Snore Device Advancement Tables:



Starting Position



+3.0mm

Note: Your ProSomnus [CA] LP Sleep and Snore Device can be adjusted within a 12.0mm total titration range. Your prescriber will instruct you on the number of 90° screw turns to make based on comfort and symptom reduction. Your prescriber may provide you with an additional lower arch to achieve additional advancement.
Resetting Upper Post: Turn screw on Upper [CA] LP Arch 90° in the opposite direction to move post to the back of the arch.

*Do not exceed maximum number of turns.

ProSomnus [CA] LP Sleep and Snore Device, (Upper LP [CA] Arch + Lower 0 Arch):

| | Starting Position | Forward Advancement | | | | | | |
|---------------------------|-------------------|---------------------|--------|--------|--------|--------|--------|--------|
| Screw Turns (Forward 90°) | 0 | 5 | 10 | 15 | 20 | 25 | 30 | *34 |
| Bite Position (mm) | 0.0 mm | 0.4 mm | 0.9 mm | 1.3 mm | 1.8 mm | 2.2 mm | 2.6 mm | 3.0 mm |

ProSomnus [CA] LP Sleep and Snore Device with Additional Lower Advancement Arch, (Upper [CA] LP Arch + Lower +3.0mm Arch):

| | Starting Position | Forward Advancement | | | | | | |
|---------------------------|-------------------|---------------------|--------|--------|--------|--------|--------|--------|
| Screw Turns (Forward 90°) | 0 | 5 | 10 | 15 | 20 | 25 | 30 | *34 |
| Bite Position (mm) | 3.0 mm | 3.4 mm | 3.9 mm | 4.3 mm | 4.8 mm | 5.2 mm | 5.6 mm | 6.0 mm |

ADVANCEMENT INSTRUCTIONS

ProSomnus EVO [PH] Sleep and Snore Devices:

Jaw advancements are achieved by adjusting either the Herbst hex nut screw or pinhole by using the tool provided, per your doctor's prescription. Advancements up to 12.0mm may be achieved with additional arches as prescribed by your doctor. The "up" arrows on the side of the Herbst arm indicate advancing the Herbst arm "up" by turning the screw or pinhole in an upward direction. Each 90° turn is 0.1mm and each full turn is 0.4mm.

Advancing ProSomnus EVO [PH] with Hex Nut

1. Hold the upper arch perpendicular to the lower arch, such that the Herbst arm is straight up and down.
2. To advance 0.1mm, position the adjustment tool on the square head advancer screw as shown in Fig. 1a. Rotate 90° upwards, the direction of the etched "up" arrow on the Herbst arm as shown in Fig. 1b. Repeat on the other side.
3. To reduce advancement, rotate downwards in the opposite direction of the etched arrow.

4. Visual indicator marks in 1.0mm increments are laser etched on the Herbst arm and splint to show advancement location as shown in Fig. 2 and Fig. 2a. A ruler is laser etched on the wrench handle and splint to check the advancement throughout treatment as shown in Fig. 2 and Fig. 2a.

Advancing ProSomnus EVO [PH] with Pinhole

1. Follow steps 1-3 inserting the provided tool into the pinhole as shown in Fig. 3.



Fig. 3



Fig. 1a



Fig. 1b

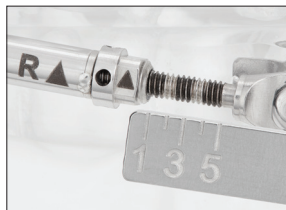


Fig. 2



Fig. 2a

*Do not exceed maximum number of turns. Herbst arms should never be extended more than 6.0mm on the "7.0mm standard arm" or more than 4.0mm on the "4.0mm short arm" to avoid breakages and void the warranty.

ProSomnus EVO [PH] Sleep and Snore Device Adjustment Table:

| | Reverse (90° Turns) | | Bite Starting Position | | Forward (90° Turns) | | | | | | | | | | | |
|----------------------|---------------------|---------|------------------------|--------|---------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--|
| 90° Turns | -10 | -5 | 0 | 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | *60 | |
| Herbst Arm Adj. (mm) | -1.0 mm | -0.5 mm | 0.0 mm | 0.5 mm | 1.0 mm | 1.5 mm | 2.0 mm | 2.5 mm | 3.0 mm | 3.5 mm | 4.0 mm | 4.5 mm | 5.0 mm | 5.5 mm | 6.0 mm | |

ProSomnus EVO [PH] S "Short Arm" Sleep and Snore Device Adjustment Table:

| | Reverse (90° Turns) | | Bite Starting Position | | Forward (90° Turns) | | | | | | |
|----------------------|---------------------|---------|------------------------|--------|---------------------|--------|--------|--------|--------|--------|--------|
| 90° Turns | -10 | -5 | 0 | 5 | 10 | 15 | 20 | 25 | 30 | 35 | *40 |
| Herbst Arm Adj. (mm) | -1.0 mm | -0.5 mm | 0.0 mm | 0.5 mm | 1.0 mm | 1.5 mm | 2.0 mm | 2.5 mm | 3.0 mm | 3.5 mm | 4.0 mm |

ProSomnus [PH] Sleep and Snore Devices:

Jaw advancements are achieved by adjusting either the Herbst hex nut screw or pinhole by using the tool provided, per your doctor's prescription. Advancements up to 12.0mm may be achieved with additional arches as prescribed by your doctor. The "up" arrows on the side of the Herbst arm indicate advancing the Herbst arm "up" by turning the screw or pinhole in an upward direction. Each 90° turn is 0.1mm and each full turn is 0.4mm.

Advancing ProSomnus [PH] with Hex Nut

1. Hold the upper arch perpendicular to the lower arch, such that the Herbst arm is straight up and down.
2. To advance 0.1mm, position the adjustment tool on the square head advancer screw as shown in Fig. 1a. Rotate 90° upwards, the direction of the etched "up" arrow on the Herbst arm as shown in Fig. 1b. Repeat on the other side.
3. To reduce advancement, rotate downwards in the opposite direction of the etched arrow.
4. Visual indicator marks in 1.0mm increments are laser etched on the Herbst arm to show advancement location as shown in Fig. 2. A ruler is laser etched on the wrench handle to check the advancement throughout treatment as shown in Fig. 2.



Fig. 3

Advancing ProSomnus [PH] with Pinhole

1. Follow steps 1-3 inserting the provided tool into the pinhole as shown in Fig. 3.



Fig. 1a



Fig. 1b



Fig. 2

ProSomnus [PH] Sleep and Snore Device Adjustment Table:

*Do not exceed maximum number of turns. Herbst arms should never be extended more than 6.0mm to avoid breakages and void the warranty.

| 90° Turns | Reverse (90° Turns) | | Bite Starting Position | | Forward (90° Turns) | | | | | | | | | | |
|----------------------|---------------------|---------|------------------------|--------|---------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| | -10 | -5 | 0 | 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | *60 |
| Herbst Arm Adj. (mm) | -1.0 mm | -0.5 mm | 0.0 mm | 0.5 mm | 1.0 mm | 1.5 mm | 2.0 mm | 2.5 mm | 3.0 mm | 3.5 mm | 4.0 mm | 4.5 mm | 5.0 mm | 5.5 mm | 6.0 mm |