

A shift in the right direction

# *Som*MorningRepositioner



**SomMorning Repositioner is a hands-free bite deprogrammer designed to help return the patient's mandible back to its pre-treatment centric position.**

Regular usage of oral devices may lead to increased incidence of forward posturing of the mandible and possibly an advanced occlusion scheme over time. Therefore, it is recommended that isometric contraction of the musculature is performed regularly.

The unique design of the Morning Repositioner incorporates raised blocks of compressible material, strategically placed directly above bicuspids; thereby, directing all clenching forces straight down towards the root rather than laterally or forward onto anterior teeth. When in contact with the upper dentition, the only point of contact should be on these raised blocks.

 **SomnoMed**<sup>®</sup>

[www.somnomed.com](http://www.somnomed.com) 1800 445 660

## Morning Repositioner is intended to be worn for 10 minutes each morning upon removal of SomnoDent.

Exercises should be performed by repeatedly clenching on the device. When biting down the only occlusal contact should be on the raised blocks. These isometric exercises are intended to activate the masseter muscles and relax the pterygoid muscles in the hope of minimising mandibular posturing forward.

Given the fact that the Morning Repositioner is a hands-free device, an ideal suggestion would be to utilise the appliance while going about a normal morning routine, such as taking a shower.

In order to be proactive and help minimise the risk of permanent posturing forward, it is strongly recommended that patients perform these clenching exercises every morning upon removal of their SomnoDent device.

It's important not to chew or grind on the Morning Repositioner, as this will harm the material and not achieve the desired effect.

By performing exercises with a Morning Repositioner every morning your patients bite should quickly return to its centric position.

### Patient Instructions for Clenching Exercises

1. Upon removal of SomnoDent, place the Morning Repositioner onto the lower teeth.
2. Place the tip of the tongue as far back on the roof of the mouth as possible. While the tongue is in this position, close down onto the Morning Repositioner.
3. Keeping the mouth firmly closed in this position, now relax the tongue.
4. Clench as firmly as possible and hold this clench until it becomes uncomfortable to do so. (Please note that it's expected you will feel some discomfort and this is normal).
5. When the discomfort can no longer be tolerated, release the jaw pressure slightly while trying to slide the lower jaw further back. Once again, clench as hard and as long as possible.
6. After performing a couple of clenching exercises, it is recommended that the mouth is opened as wide as you possible and the lower jaw is wiggled from side to side to help relax the muscles. Repeat steps 2 through 5. Ideally, these clenching exercises should be performed for about 10 minutes every morning.

### Care of the Morning Repositioner

- Gently brush the morning repositioner after each use — only use water.
- Once per week, clean the device with SomTabs.
- When not in your mouth, store it dry in the case provided.

***To prevent warping, do not place the Morning Repositioner in warm or hot water.***

**“Jaw exercises might help relieve masticatory muscle stiffness and accelerate the repositioning of the mandible to the normal position, in addition to inhibiting or minimizing the occlusal functional changes in predisposed patients”**

*Ueda et. al 2009; Effect of Jaw Exercises on Occlusal Function in Patients with OSA during Oral Appliance Therapy: A Randomized Controlled Trial.*



[www.somnomed.com](http://www.somnomed.com) 1800 445 660