

BiteStrip® Instructions For Use

Package contents:

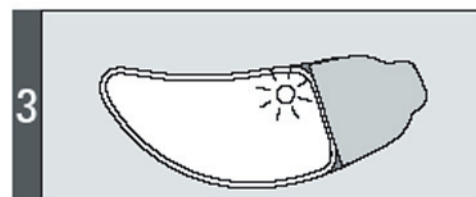
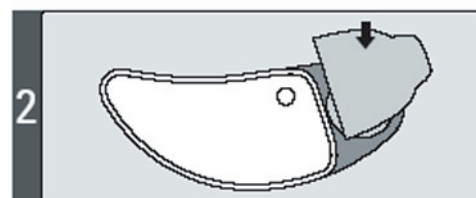
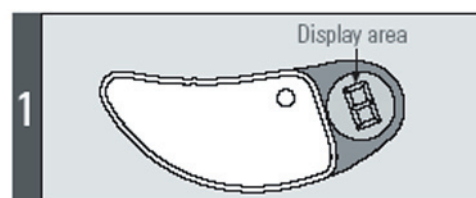
- 1 BiteStrip device
- 1 green sticker
- 2 alcohol prep pads

Precautions and warnings

- Do not use BiteStrip on broken or inflamed skin.
- Consult your doctor if you develop a rash or other reaction on your face after using the BiteStrip.
- Do not open the BiteStrip package until ready to use.
- Store the unopened BiteStrip in a cool dry place.
- The BiteStrip should be applied prior to going to bed.

Step-by-step procedure

1. Wash your face with soap and water and dry well. You may use the alcohol prep instead.
2. Remove the BiteStrip and the green sticker from the wrapper, and the alcohol prep pads from the box.
3. Remove one alcohol prep pad from its wrapper, and rub the display area (Figure 1).
4. Peel the green sticker from its white paper cover and attach it firmly to display area (Figure 2).
A red light will start blinking (Figure 3).
5. With hand placed on your left cheek, clench teeth tightly together to find where the jaw muscle contracts. This is the proper site for attaching the BiteStrip.
6. Peel the protective cover from the back of the BiteStrip and apply it firmly to your cheek (Figure 4). The red light will stop blinking after a few seconds.
7. Facing a mirror, clench your teeth as hard as you can for 2 seconds and then relax. Repeat 3 more times. Red light will blink during each clench.
8. Have a good night's sleep!
9. In the morning, gently remove the BiteStrip from face. Shortly after removal, the red light will turn ON. Do not remove green sticker from the BiteStrip. The data is collected and analyzed up to one hour after the BiteStrip is removed.
10. After 1 hour, read the Bite Strip display.



Reading the SleepStrip display

The display consists of a single digit, which appears in black against the bright silver color of the background. The final score represents five possible test outcomes based on sleep apnea severity level:

- 0 – no bruxism: comparable to a sleep lab brux count of up to 39 over 5 hours
- 1 – mild: comparable to a sleep lab brux count between 40 and 74 over 5 hours
- 2 – moderate: comparable to a sleep lab brux count between 75 and 124 over 5 hours
- 3 – severe: comparable to a sleep lab brux count of more than 125 over 5 hours
- E – error in study (Means the device malfunctioned or was removed from face too early)

If the resulting display is 1,2, or 3, a physician should be consulted.