
HOW TO USE MORPHEUS

1. Attach the upper unit to the lower unit by placing the titration hook into the plate at a 90-degree angle, then twist the upper plate back in line with the lower plate.
2. With the units connected, place the upper unit in place.
3. Press into place.
4. Close your lower jaw by moving it forward into place in the lower unit.
5. Press into place. Morpheus is now in place.

ADJUSTING MORPHEUS

The practitioner will advise when and how much to adjust Morpheus.

Usual instructions are to wear without adjusting for the first two weeks.

After the two week “get used to it” phase, the recommendation will be to make a maximum of one full clockwise turn of the screw every week (this will advance the lower jaw by around 0.5mm per turn). Continue to make the weekly adjustments until the snoring stops or as advised by the practitioner. The adjustments should be made while the device is not in the mouth.

*If there is any resistance while adjusting with the key, stop turning immediately then check for obstructions within the mechanism or if the hook has reached the end of its permitted travel, contact the practitioner if any advice is needed.

PRODUCT INFORMATION

Morpheus is a prescription, patient-matched, mandibular repositioning device that is intended to reduce snoring or to treat mild to moderate obstructive sleep apnea. The device is intended for use by adult patients in either the home or sleep laboratory environment.

Morpheus is manufactured using a bi-laminate material customized to the patient's teeth with a special soft inner lining for maximum comfort and retention. Your appliance may have a thermoline material (a white liner). If it does have a thermoline material, you should NEVER heat the material before putting into place.

Avoid storing it in warm environments (glove compartments in cars, for example) as this could distort the lining requiring refitting by your dentist. It also incorporates a specially designed component made from medical grade 316 Stainless Steel, which ensures that the lower jaw is held in a forward position while permitting the wearer side to side movement of the jaw during sleep. Some slight discoloration of the medical grade stainless steel may occur. This does not affect the safety or utility of the appliance.

LOOKING AFTER MORPHEUS

If your appliance has a thermolining (white material,) rinse thoroughly in cold water upon removal. Store the appliance in a container of cool, tap water with a capful of hydrogen peroxide. Simply rinse thoroughly before inserting in the morning.

Morpheus with the laminate lining (clear) should be cleaned daily using a soft toothbrush and liquid dish soap on a toothbrush then then thoroughly rinsed with water. Morpheus with the laminate material can also be washed with diluted mouthwash once a month. Always inspect Morpheus each night prior to wearing. Do not use and consult the practitioner if any cracks, material separation or increased play in the adjusting mechanism are observed.

Store the adjuster key in a dry place.

GUARANTEE

Morpheus is guaranteed for a period of 12 months from the date of manufacture against mechanical/materials failure. This is a manufacturing guarantee and not a guarantee of the success of the treatment. This guarantee does not cover Morpheus against accidental damage or misuse.

SIDE EFFECTS

During the first few weeks you may experience some of the following discomforts but they are normal and should disappear as you become accustomed to wearing Morpheus:

- Slight tooth discomfort
- Slight jaw muscle discomfort after each advancement
- Temporary alteration in bite for the first hour in the morning.

WARNING

Do not use Morpheus if you experience nausea or vomiting from another medical condition.

While there are often exceptions, the Morpheus, or any mandibular advancement appliance is not usually prescribed for patients diagnosed with:

- Central Sleep Apnea
- Severe respiratory disorders
- Loose teeth or advanced periodontal disease

- Patients under 18 years of age.

The use of the Morpheus device may contribute to tooth movement or changes in dental occlusion, gingival or dental soreness, pain or soreness to the temporomandibular joint, obstruction of oral breathing, excessive salivation. In this event stop wearing Morpheus and visit your practitioner.

Note: You may be prescribed the use of an “AM aligner” as a morning exercise unit. If so prescribed, you should place the aligner in your mouth as instructed and gently close into it for a few minutes. After a minute or two, the aligner should be removed, and this can be repeated in a few minutes one more time.

It may be suggested that you use chewing gum while you are showering in the morning as an exercise in place of the AM aligner.

Caution: Federal law restricts this device to sale by or on the order of a Dentist or Physician.



Morpheus Appliance Recommended Clinical Workflow

Note: It is strongly recommended that dentists treating any form of sleep disturbed breathing be well trained. Morpheus and Hallmark Dental lab sponsor high quality courses that are not specifically geared to any one appliance and is highly recommended.

1. Initial Appointment:
 1. Full History including review of referral, sleep test results, medical and dental histories, review of Epworth Sleepiness Scale.
 2. Clinical Examination to determine dental condition and appropriateness of consideration of treatment with Morpheus.
 3. Consultation to review all possible treatment options, and review risks and benefits of all potential options including treatment with Morpheus.
 4. Impression taking (or use of scanning) should Morpheus treatment be the agreed treatment of choice.
2. Insertion Appointment:
 1. Informed Consent reviewed and signed.
 2. Morpheus appliance inserted.
 3. Home Care instructions reviewed in full.
 4. Possible untoward effects reviewed, and instructions given to manage each possible side effect with a support phone number given.
 5. 2 week follow up scheduled. Importance of this follow up appointment emphasized.

3. First Follow-Up appointment
 1. History and patient progress noted in terms of compliance.
 2. History and patient noted in terms of signs and symptoms.
 3. Oral, TMJ, and muscular exam to check for possible untoward effects.
 4. Titration instructions given if required. Patient advised to make one full turn once a week. Adjustment is demonstrated and patient is to demonstrate full ability to make this adjustment. Patient advised to use snoring as a guide and to stop adjustments if snoring is eliminated.

4. Additional Follow Up appointments
 1. Additional appointments should be scheduled based on response to the appliance, severity of the disorder, and compliance report no longer than one month from the previous appointment.
 2. Snoring and hypersomnolence as well as patient comfort will guide titration recommendations.
 3. When appropriate, patient should be referred to treating physician to consider follow up testing with either a Home Sleep Study or a Polysomnogram at the discretion of the physician.

5. Further Treatment Decisions or Discharge from Active Therapy
 1. Should the follow up testing suggest the need for combination therapy, treatment should be coordinated with the prescribing physician
 2. Should the use of the Morpheus be deemed adequate by the referring physician, active discharge can be made by the prescribing dentist and follow up appointments should be made no longer than 6 months apart.