



## A Shift in The Right Direction: The Morning Repositioner

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

The Morning Repositioner is a hands-free bite deprogrammer designed to help return the patient's mandible in its normal position. The unique design of the Morning Repositioner incorporates raised blocks of compressible material, strategically placed directly above the bicuspids; directing all clenching forces straight down towards the roots rather than laterally or forward onto the anterior teeth. When the exercise is performed correctly, the patient may benefit from isometric contraction of the musculature.

### Patient instructions for clenching exercise

Given the fact that the Morning Repositioner is a hands-free device, an ideal suggestion would be to utilize the appliance while going about a normal morning routine such as taking a shower. In order to be proactive and help minimize the risk of permanent posturing forward, it is strongly recommended that patients perform these clenching exercises every morning upon removal of their COAT™ (Continuous Open Airway Therapy) device. It is important *not* to chew or grind on the Morning Repositioner, as this will harm the material and not achieve the desired effect.

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