

# Clinical reference for the dreamTAP

The dreamTAP™ is a medical device that treats sleep-disordered breathing. It alleviates snoring and obstructive sleep apnea by holding the mandible forward during sleep to prevent the tongue and soft tissue of the throat from collapsing into the airway. The dreamTAP is based on the same principle as cardiopulmonary resuscitation (CPR). The airway must be open to allow air to pass through the throat.

The dreamTAP device consists of upper and lower trays that fit over the teeth. A hook mechanism attached to the lower tray fits into a socket attached to the upper tray and positions the lower jaw forward, preventing the soft tissue of the throat from collapsing and obstructing the airway.



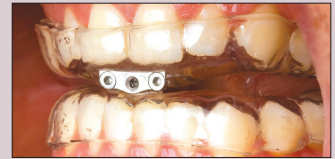
**STEP 1:** Start with the lower tray. Position it over the teeth and push the appliance down. Start from the posterior and work your way to the anterior.



**STEP 2:** If the tray is too tight, slightly trim the border just below the height of the contour. Do not relieve the inside, as soft material does not trim well.



**STEP 3:** If the anteriors are too snug, trim the interproximal with a thin, straight acrylic bur. Next, use a sharp knife to remove tags. Repeat on the upper arch.



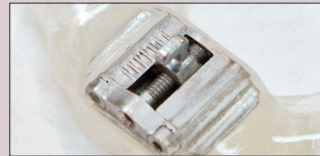
**STEP 4:** Instruct the patient to engage the trays together outside of the mouth before putting the appliance in the mouth. Then, have the patient place both trays in his or her mouth.



**STEP 5:** The clinician shall dial the adjustment key counterclockwise for more advancement to the patient's maximum mechanical protrusion. The patient will feel a slight stretch in the temporomandibular joints at this point. Then, dial the patient's jaw to normal bite position (lips together, teeth apart and lower jaw not pulled forward).



**STEP 6:** Ensure that there is a minimum of 1 mm space bilaterally in the posterior areas at all times, in all positions, to allow the addition of acrylic posterior stops.



**STEP 7:** The protrusion gauge is 7 mm long from the front to posterior.



**STEP 8:** Instruct patient to turn the key 180° clockwise toward the right ear (from the patient's perspective) every night until symptoms are alleviated. Count each turn to determine how far to dial hook each night.