

**ALAN J. CHERNICK, D.D.S., F.A.G.D.**

FELLOW ACADEMY OF GENERAL DENTISTRY  
DIPLOMATE OF THE AMERICAN BOARD  
OF DENTAL SLEEP MEDICINE

**TITRATION INSTRUCTIONS**

***How much titration should you use when advancing your mandible?***

The key objective when titrating the SomnoMed is to advance the appliance the minimum amount that produces positive results. Although initial minor jaw pain is not abnormal, you should advance in tolerable amounts in order to minimize TMJ discomfort.

Small adjustments, as little as 1 turn or .1 mm at a time, are often enough to gain results in some patients, while other patients are able to tolerate more advancement with no discomfort. This variation in subjective patient tolerance means that titration must be approached case-by-case. Caution: ALWAYS advance both screws by an equal number of turns.

***How far can I adjust the device?***

The adjustment mechanism allows the mandibular protrusion to be adjusted (titrated) in the range -0.5 to 4.5 mm from the factory preset level. SomnoMed recommends that screws are only advanced up to a maximum +4.0 mm (40 winds) beyond the factory preset. Should the adjustment be turned further forward the screw will disengage and continue to wind without further movement. This is a safety feature designed to ensure components cannot become detached and fall into the mouth.

***How many turns of the titration screw does it take to advance the mandible 1mm?***

The screw on the adjustable device requires 10 winds, in the direction of the arrow, to create 1mm of advancement—where one wind is considered to be rotation of the screw through 90 degrees. (This is the maximum amount of rotation achievable with a single insertion of the device key).

***Is the device pre-adjusted?***

The SomnoMed MAS is custom manufactured with the mandibular advancement preset to that indicated by the bite record provided by our office.

In your case your range of mandibular movement is \_\_\_\_\_ mm. Therefore 1 turn or .1mm of movement in the direction of the arrow represents approximately \_\_\_\_\_ % advancement (protrusion) and 10 turns or 1mm of movement represents approximately \_\_\_\_\_ % advancement (protrusion). Your starting position (factory preset) was \_\_\_\_\_ % protrusion.

If you feel too far forward you can retrode or turn in the opposite direction of the arrow, up to 5 turns from the preset starting position

***What if I forget how far I have wound the screw?***

ALWAYS maintain records of advancement and let our office know periodically. However, if you are unsure how many winds you have advanced the screw, there is a simple method to recover the original bite setting:

1. Gently wind both the screws back (in the opposite direction the arrow) until you feel a small amount of resistance to further turning.

**Note:** DO NOT continue winding past the point where the screws provide resistance as this may damage the screw and/or its housing.

2. At this point, five winds in the direction of the arrow, on both sides of the device, will return the appliance to its original factory preset level.