

## INSTRUCTIONS FOR USE

# AesyBite™

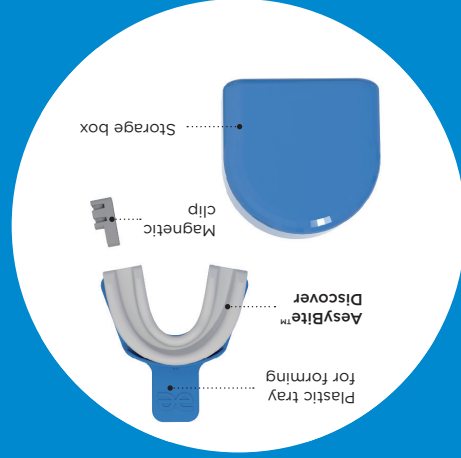
Discover

Sleep bruxism monitor

For more information visit:



[www.aesyra.com/aesybite/discover](http://www.aesyra.com/aesybite/discover)



Read the instructions carefully before using the product.

### INDICATIONS

- To be used by people with possible, probable or definite sleep bruxism.
- Monitoring of the sleep bruxism activity.
- Protection of the teeth against wear due to sleep bruxism, grinding and clenching.

### CONTRAINDICATIONS

- Allergic to Ethylene - Vinyl Acetate (EVA).
- With more than two missing molars (excluding third molars).
- Undergoing orthodontic treatment.
- With major neurological or psychiatric disorders including substance dependence.
- Using a removable dental prosthesis.
- Using medications with known effects on sleep or motor behaviour.
- Suffering from gum disease.
- With malocclusions or jaw abnormalities that prevent the wearing of a normal dental splint.
- Under 18 years of age.

### Not to be used by people:

- Allergic to Ethylene - Vinyl Acetate (EVA).
- With more than two missing molars (excluding third molars).
- Undergoing orthodontic treatment.
- With major neurological or psychiatric disorders including substance dependence.
- Using a removable dental prosthesis.
- Using medications with known effects on sleep or motor behaviour.
- Suffering from gum disease.
- With malocclusions or jaw abnormalities that prevent the wearing of a normal dental splint.
- Under 18 years of age.

### WARNINGS

- Data provided by AesyBite Discover are solely intended for monitoring your sleep bruxism activity and must not be used for diagnostic or therapeutic purposes. Do not start any treatment or change any ongoing treatment on the basis of data provided by your AesyBite Discover.
- Aesyra does not collect your data. All data will be lost after uninstalling the AesyBite Discover App.
- Excessive heat can damage the product. Follow the fitting and cleaning instructions to avoid damage.
- Do not use your AesyBite Discover appliance if it looks damaged. Do not bend, cut or pierce the appliance.
- Do not use your AesyBite Discover appliance for more than 25 days.
- The product contains small parts that can be dangerous if swallowed (magnet clip). Keep out the reach of children.

A Medical Device by:  
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### Support

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Visit our website for additional information about the product: [www.aesyra.com](http://www.aesyra.com). If you have questions, do not hesitate to contact us by e-mail: [support@aesyra.com](mailto:support@aesyra.com).  
phone: CH: +41 22 548 16 69, EU: +39 028 239 68 87.

### FREQUENT QUESTIONS AND OTHER INFORMATION

Other possible side effects are:

- Excessive salivation or dry mouth.
- Discomfort sensation on the teeth. This feeling usually disappears after a few days of use. If this sensation persists do not use AesyBite Discover further and consult a dentist.

Do not use AesyBite Discover further and consult a dentist in the following cases:

- Inflammation or irritation of the oral cavity.
- Persistent orofacial pain.
- Numbness or soreness in area of the mouth in contact with the oral appliance.
- Burning sensation or swelling of the oral cavity including the lips.

### POSSIBLE ADVERSE EFFECTS

### OBTAIN AND SET UP THE APP

1. Download the AesyBite Discover App from the App Store (iOS) or Google Play (Android).
2. Enter your personal data in the App.
3. The App is now ready for use. Further information on the use of the AesyBite Discover App can be found in the "Guide" tab of the App.

Scan the QR code with your smartphone to download the AesyBite™ Discover App.



## DISPOSAL

Dispose of your AesyBite Discover appliance at a collection point of electrical and electronic devices for appropriate recycling. Do not dispose of it with normal domestic waste. An incorrect disposal of the device can make the user punishable according to the applicable national laws.

Dispose of the plastic packages, thermoforming tray and storage box in the recyclable plastics waste.

Dispose of the external packaging and instructions for use in the recyclable paper waste.

## DESCRIPTION OF SYMBOLS

European Conformity	
Manufacturer	
Use-by date	
Authorized representative in the European Community	
Batch code	
Temperature limit	
Humidity limitation	
Atmospheric pressure limitation	
Recyclable	
Refer to instruction manual	
Type BF applied part	
Electronic equipment: dispose accordingly	
Does not contain Bisphenol-A	
International protection code. Dust-tight. Protected against water immersion (1 m depth, 24 hours)	<b>IP68</b>

## CUSTOM FITTING (first use only)

1. Remove the magnet clip from the AesyBite Discover appliance **[Fig. 1]**.
2. Pick the AesyBite Discover appliance and the thermoforming tray from the plastic bags **[Fig. 2]**.
3. Boil 600ml of water.
4. Put the AesyBite Discover appliance into an appropriately sized bowl, flat side facing up. Carefully pour all of the boiling water in the bowl and wait for 2 minutes for the appliance to soften up **[Fig. 3]**.
5. Pick-up the AesyBite Discover appliance (use a spoon if the water is too hot for you), shake excess water away and immediately position it on the thermoforming tray for fitting it on the upper dental arch **[Fig. 4]**.
6. Insert the appliance into the mouth, pushing it gently on the front teeth with the thermoforming tray, and firmly bite on it. With the lips sealed, apply suction for at least 60 seconds in order to obtain an optimal adhesion to the teeth. The appliance will be hot but will not burn.
7. Check that the appliance fits firmly on your teeth. Repeat the procedure for a second time if the appliance is not stable.

## PREPARATION FOR NIGHTLY USE

1. Make sure that NFC (Near Field Communication) is enabled on your mobile phone. Open the AesyBite Discover App and tap on the synchronization tab.
2. Bring the AesyBite Discover appliance close (about 1 cm) to the back of your smartphone **[Fig. 5]**.
3. The App will notify you that the synchronization is complete. Now the AesyBite Discover appliance is ready for use and monitoring of bruxism activity.
4. Rinse the appliance with cold water.
5. Wear the AesyBite Discover and go to sleep.

## OBTAIN DATA AFTER USE

1. Rinse the appliance with cold water after use.
2. Make sure that NFC is enabled on your mobile phone.
3. Open the AesyBite Discover App and tap on the synchronization tab.
4. Bring the AesyBite Discover appliance close (about 1 cm) to the back on your mobile **[Fig. 5]**.
5. The App will notify you that the synchronization is complete. Data will appear on screen.
6. Put AesyBite Discover into the Storage box.

## MAINTENANCE

- Keep the AesyBite Discover appliance clean by rinsing it with cold water before and after use.
- When not in use, store the appliance in its storage box.

