



Before & After your  
**MATRx™** Study





*A MATRx study is a highly accurate sleep test ordered by a sleep physician.*

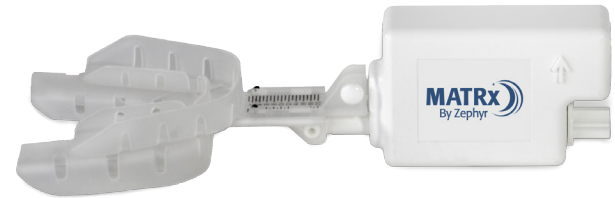
This **overnight** study is done in a **local sleep lab** to find out if your obstructive sleep apnea (OSA) can be **successfully treated** with a **custom-fitted oral appliance**.

# Your MATRx Study

## What to Expect

- The sleep lab should contact you to confirm your MATRx study appointment
- Make sure you understand all the instructions given to you by the sleep lab and ask questions, if needed
- Temporary dental trays (MATRx Titration Trays) will be needed for your study. You will visit a dental office or the sleep lab to have your trays made
- On the night of your study, bring your temporary dental trays to the lab along with any other items as instructed by the dentist or sleep lab

- Before the study begins, the sleep technologist will ensure you understand the procedures and are comfortable
- During your MATRx study, your trays will be attached to a small motor. The motor will be used by a sleep technologist to gently and gradually move your lower jaw to keep your airway open while you sleep



# After Your MatrX Study

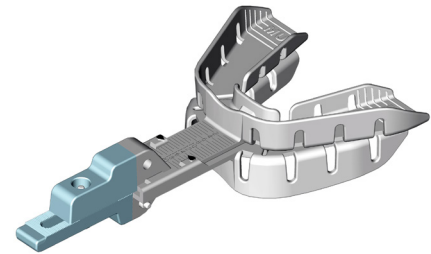
## A Prescription for Oral Appliance Therapy



- A sleep physician will review the results of your MATRx study
- If your OSA can be treated by moving your lower jaw forward, the sleep physician will refer you to a sleep dentist with a prescription for oral appliance therapy
- The prescription will include the exact jaw position needed to effectively treat your OSA with a custom-fitted oral appliance

## Adjusting to Therapy

- While your custom-fitted oral appliance is being made, you can continue to use your temporary dental trays
- The sleep dentist will secure your trays in the position prescribed by the physician using a specialized clip



- Sleeping with the temporary dental trays and clip will help you adjust to oral appliance therapy

## Using Your Temporary Dental Trays and Clip

Follow the instructions provided by the sleep dentist.

### IMPORTANT POINTS

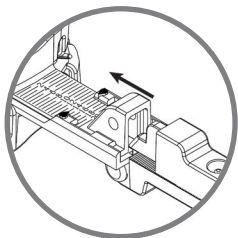
1. Your temporary dental trays and clip can only be used:
  - By you (i.e. the person who received the prescription for oral appliance therapy)
  - At home for a maximum of twenty nine (29) nights
  - Under the care of a sleep dentist
2. Practice inserting and removing the trays before you go to bed. To remove the trays:
  - Place your fingers in the back of your mouth
  - On one side, gently lift up on the lower tray or pull down on the upper tray until the tray is easily removed
3. Inspect the trays during cleaning and each night before use for signs of damage.

4. Do not attempt to adjust the position of the clip.
5. Discontinue tray use and contact the sleep dentist if:
  - You can no longer remove them by yourself
  - You observe signs of damage
  - You have vomited or are feeling nauseous
  - You experience long-lasting pain or discomfort during use
  - The trays fall out during sleep

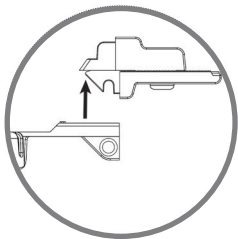
### Care & Cleaning

- Each morning, rinse the parts in cold water for 30 seconds
- The clip can be easily removed for cleaning, as necessary
- If a soft toothbrush is used, be careful when brushing the impression material
- Do not wash the parts in the dishwasher or in products that contain chlorine, bleach, moisturizer, antiseptic or alcohol
- Store the trays in a cool dry place, such as the provided tray case (with clip removed), and keep out of the reach of children

## Removing the Clip from Your Trays

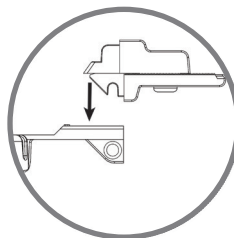


Slide the upper tray away from the clip until it separates from the lower tray's guide rails.

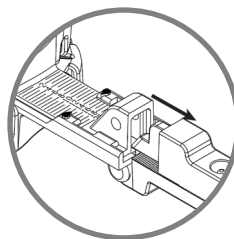


Once the upper tray has been removed, the clip can be removed by lifting it straight up from the lower tray.

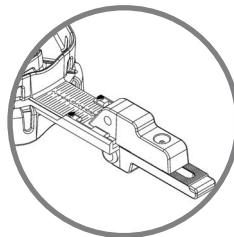
## Re-attaching the Clip to Your Trays



Slide the notch of the clip over the pin located in the lower tray.



Connect the upper tray to the lower tray by sliding the upper tray through the lower tray's guide rails.



Push the upper tray towards the clip until connected.

## Your Tray Settings

**Date:** \_\_\_\_\_ **Protrusion:** \_\_\_\_\_ mm

*Reference Number (for dentist's use):* \_\_\_\_\_ mm

Comments:

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## Your Feedback Can Help

**Please answer the following questions and return this brochure to the sleep dentist when you receive your custom-fitted oral appliance.**

How long did you use your trays before receiving your custom-fitted oral appliance? \_\_\_\_\_ weeks

How many nights did you wear your trays each week?

Never  1-3 nights/wk  4-6 nights/wk  Every night

Approximately how many hours did you wear your trays each night? \_\_\_\_\_ hours

If you were unable to wear your trays nightly, tell us why:

Pain/discomfort  Forgot  Other: \_\_\_\_\_

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**Manufactured by:**

Zephyr Sleep Technologies Inc.  
610A – 70th Ave. S.E. Calgary, Alberta, Canada. T2H 2J6  
Phone: 877-341-8814  
www.zephyrsleep.com

**For use only with MATRx System Kit**

Model Numbers: Z10-001 & Z10-005

**MATRx System Intended Use:**

Overnight use of a temporary oral appliance to determine in which patients with obstructive sleep apnea mandibular advancement by an oral appliance will reduce obstruction of airflow and thereby to identify patients suitable for oral appliance therapy. The device is also used to recommend a target mandibular position that will reduce obstruction of airflow in patients determined to be suitable for oral appliance therapy.

**Do Not Reuse****Storage Temperature****Consult Instructions for Use**

Caution: Federal law restricts this device to sale or on the order of a licensed dentist or practitioner.

**MEDICAL EQUIPMENT – CLASSIFIED WITH RESPECT TO SHOCK, FIRE AND MECHANICAL HAZARDS**





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1.877.341.8814 | [www.zephyrsleep.com](http://www.zephyrsleep.com)

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