

The Center for Sleep and TMJ

Decreasing your Appliance Wear

You have reached the point in your treatment where you can begin to decrease the amount of time that you wear your appliance each day. This is done gradually through phases, not all at once.

Phase 1

Take your appliance out before eating. Put your appliance back in as soon as you are done eating.

If no symptoms recur or worsen, proceed to phase 2.

Phase 2

Take your appliance out before eating. Leave it out for one hour after eating for one week.

If no symptoms recur or worsen, proceed to phase 3.

Phase 3

Take your appliance out before eating. Leave it out for two hours after eating for one week.

If no symptoms recur or worsen, proceed to phase 4.

Phase 4

Wear your appliance for 2 hours in the morning and two hours in the afternoon, as well as while sleeping.

If no symptoms recur or worsen, proceed to phase 5.

Phase 5

Wear your appliance when sleeping and at identifies stress times such as exercising, driving in heavy traffic, when taking a long trip or doing any heavy physical work.

Caution

It is easy to forget your appliance when you do not wear it all the time. Remember to dampen it and store it safely when not wearing it. **Never sleep without your appliance in.**