



OASYS-type (color may vary)

The Oasys appliance is titrated by the use of temporary adhesive foam strips provided to the patient for your use. Each strip provides approximately 1mm of mandibular advancement. Up to three strips can be placed during the study, approximately 2 hours apart. Do not interrupt a REM cycle. After the study has been interpreted, the DDS will remove the strips at another appointment and adjust the appliance accordingly.



Dorsal-type (color may vary)

One turn (approx. 90 degrees) equals 1/16 mm. Sixteen turns = 1mm. Each adjustment will be 16 turns per side in the direction of the arrow on each side of the appliance. Please note: Adjustment direction is reversed on one side. Look for the arrows. Up to three adjustments per study, approximately 2 hours apart. Do not interrupt a REM cycle.



Herbst-type (color may vary)

One turn (approx. 180 degrees) equals 1/8 mm. Eight turns = 1mm. Each adjustment will be 8 turns per side in the direction of the arrow on each side of the appliance. Please note: Adjustment direction is reversed on one side. Look for the arrows. Up to three adjustments per study, approximately 2 hours apart. Do not interrupt a REM cycle.