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 1 mm 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 =1 mm. 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 =1 mm. 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.