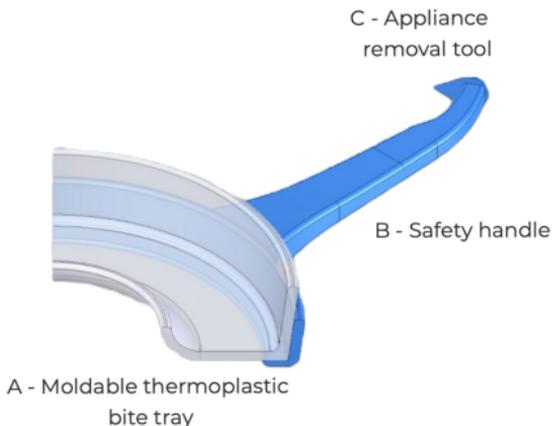




## **Instructions For Use:**

1. Prepare hot water in a glass or ceramic bowl; approximate temperature should be 185 degrees.
2. Apply petroleum jelly to fingertip or glove and rub on inside of aligner to help prevent stickiness as aligner hardens and molds around teeth.
3. Using safety handle, fully submerge BE Morning Aligner into hot water for 20-30 seconds or until white portion of aligner becomes clear/translucent.  
\*Submerging in hot water too long will result in aligner material becoming too soft and hard to mold
4. Once removed, shake off excess water and insert directly into mouth over upper or lower front teeth - teeth should lightly hit front of bite tray.
5. Gently bite down until your back teeth touch and close lips around tray.
6. Once aligner material has cooled/hardened and is no longer clear, it is ready for removal; approximately 2-3 minutes.
7. Using safety handle, gently remove your custom BE Morning Aligner and rinse with cold water.
8. Check accuracy of bite position by reinserting custom aligner back into mouth. Bite should feel natural and comfortable.



### Daily Use Instructions:

1. Use BE Morning Aligner Removal Tool to assist in removing sleep appliance/device.
2. Use BE Morning Aligner as needed daily for 5-10 minutes immediately upon removal of sleep appliance to return bite back to normal position.

**⚠ WARNING:** Use caution when being placed over veneers, crowns, bridges, loose and/or dentally compromised teeth. It is recommended that this product is fitted by a dental professional.

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