



Concentrating on the front 6 top teeth and front 6 bottom teeth:

- Use the round depression to hug the tips of your canines (“eye teeth”)
- Use the larger slot to hug the edges of incisors.
- Use the smaller slot to hug the edges of lower incisors.

Bite and hold on each tooth for about 30 seconds.

Should take about 5-6 minutes every night.

