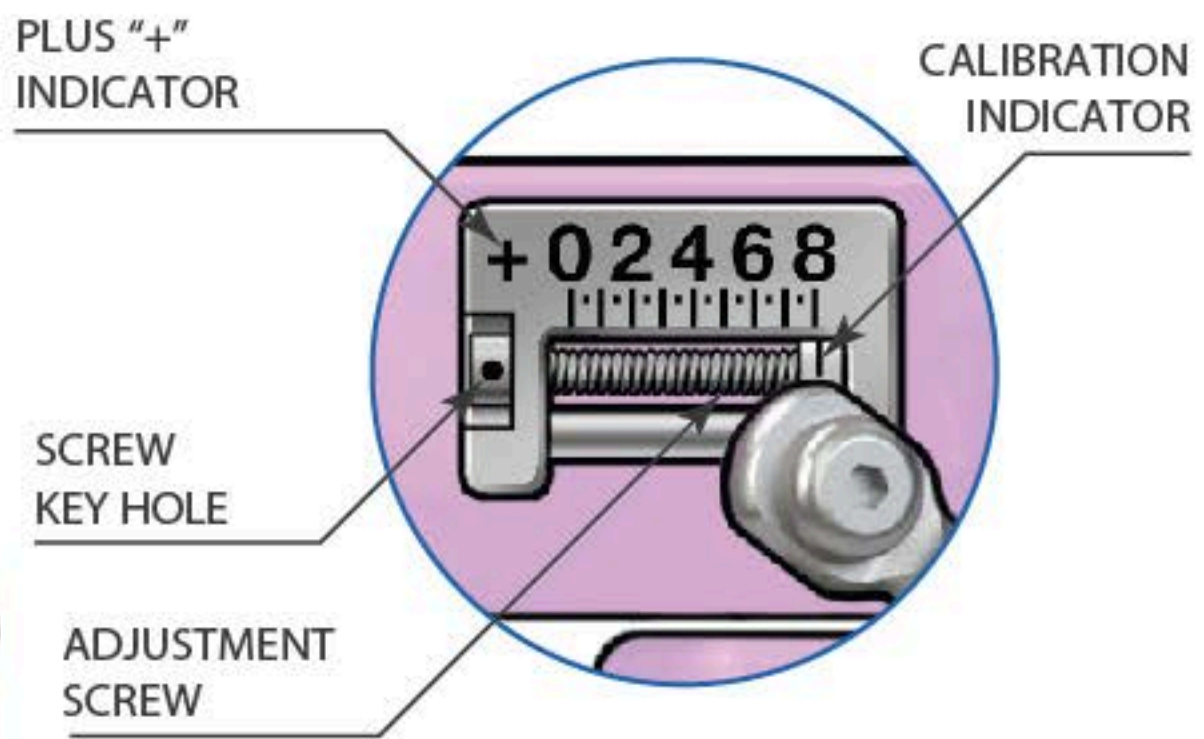
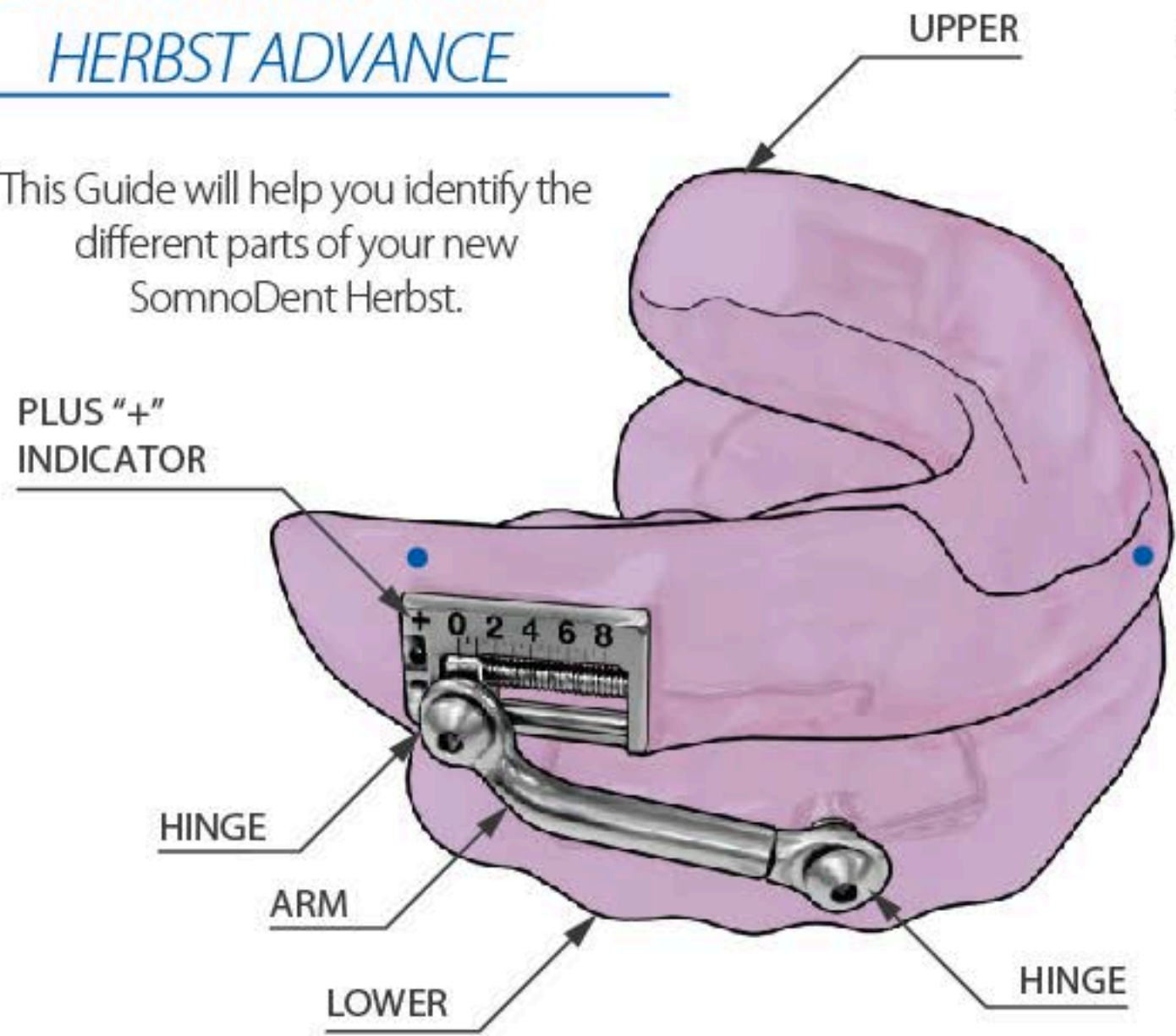
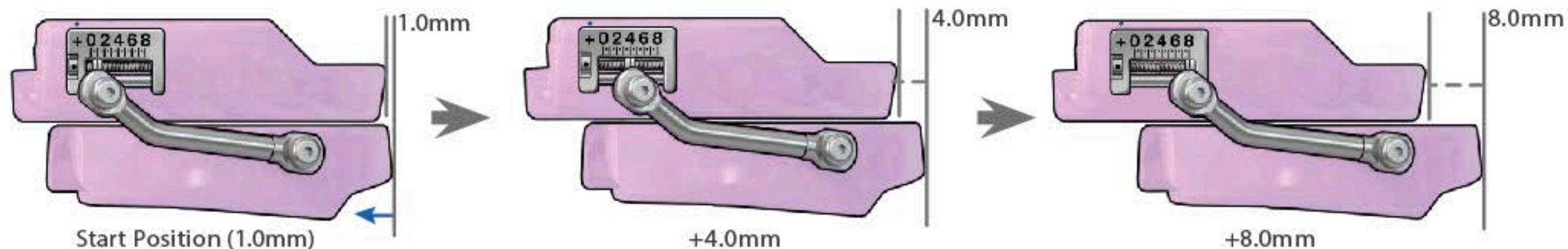


GET TO KNOW YOUR HERBST ADVANCE

This Guide will help you identify the different parts of your new SomnoDent Herbst.



ADJUST YOUR HERBST ADVANCE



	REVERSE ← 1.0 → FORWARD															
90° TURNS	-10	-5	+5	+10	+15	+20	+25	+30	+35	+40	+45	+50	+55	+60	+65	+70
Adjustment (mm)	0.0	0.5	1.5	2.0	2.5	3.0	3.5	4.0	4.5	5.0	5.5	6.0	6.5	7.0	7.5	8.0

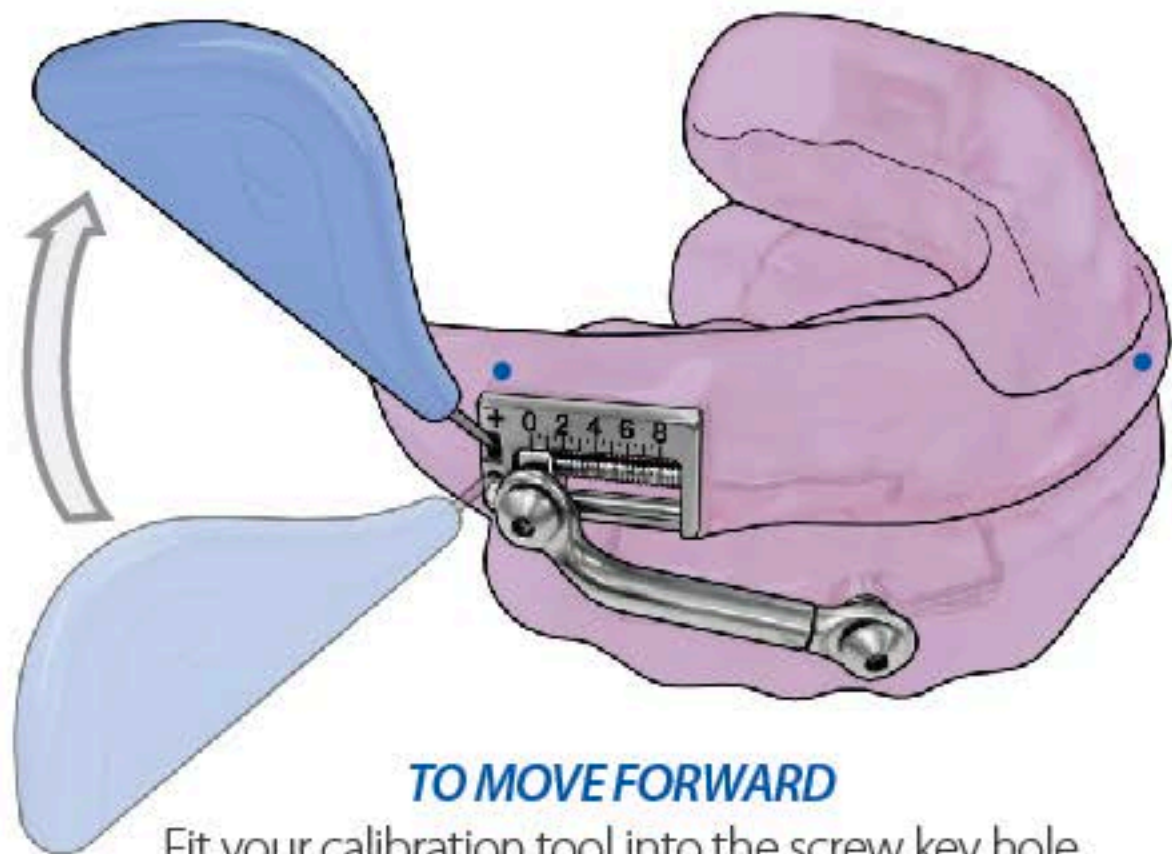
Your SomnoDent Herbst Advance can be adjusted within an 8.0mm range, in 0.1mm steps, giving you total control of your treatment and the best possible fit.

Use the calibration tool (shown on the following page) to visually calibrate your Herbst Advance device, using the measurements indicated on the side.

Always make sure you repeat the same calibration on both sides of the device.

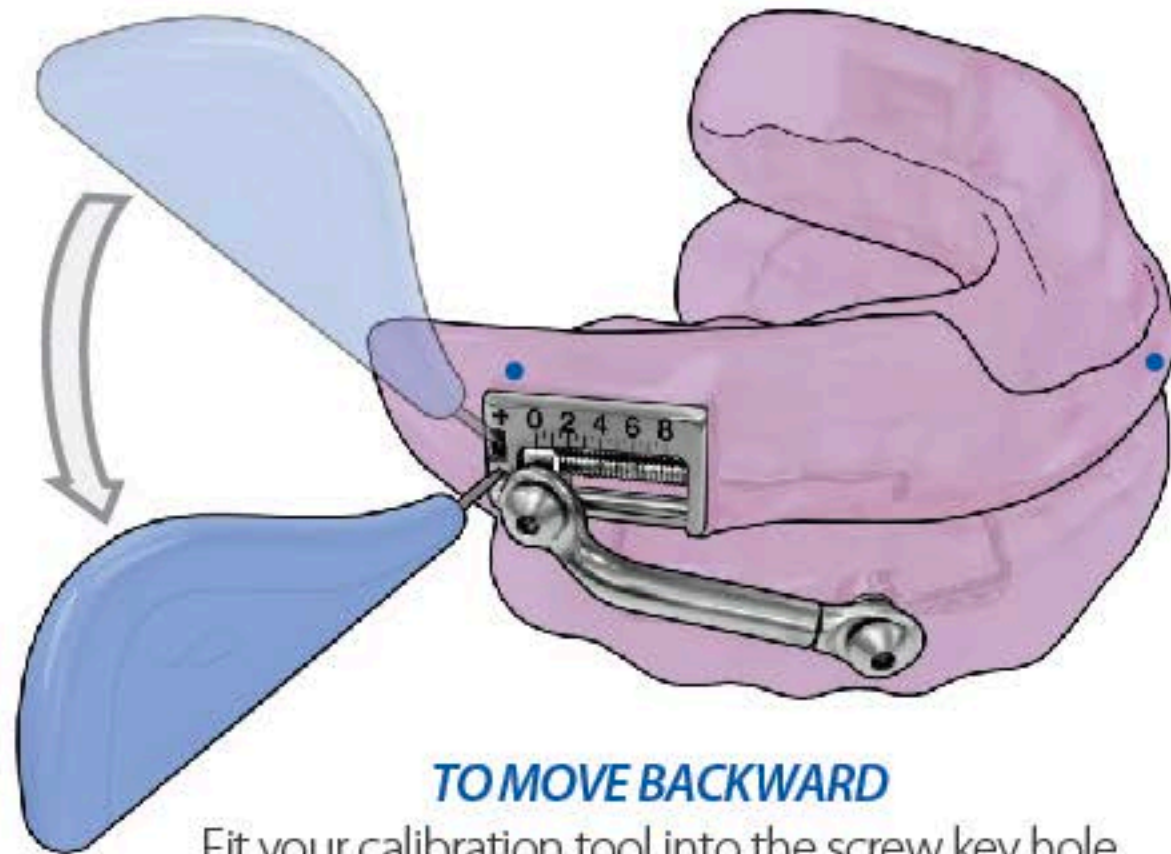
ADJUSTMENT — RIGHT SIDE

Always repeat the same calibration on both sides of your device.



TO MOVE FORWARD

Fit your calibration tool into the screw key hole and rotate upward, toward the plus indicator.

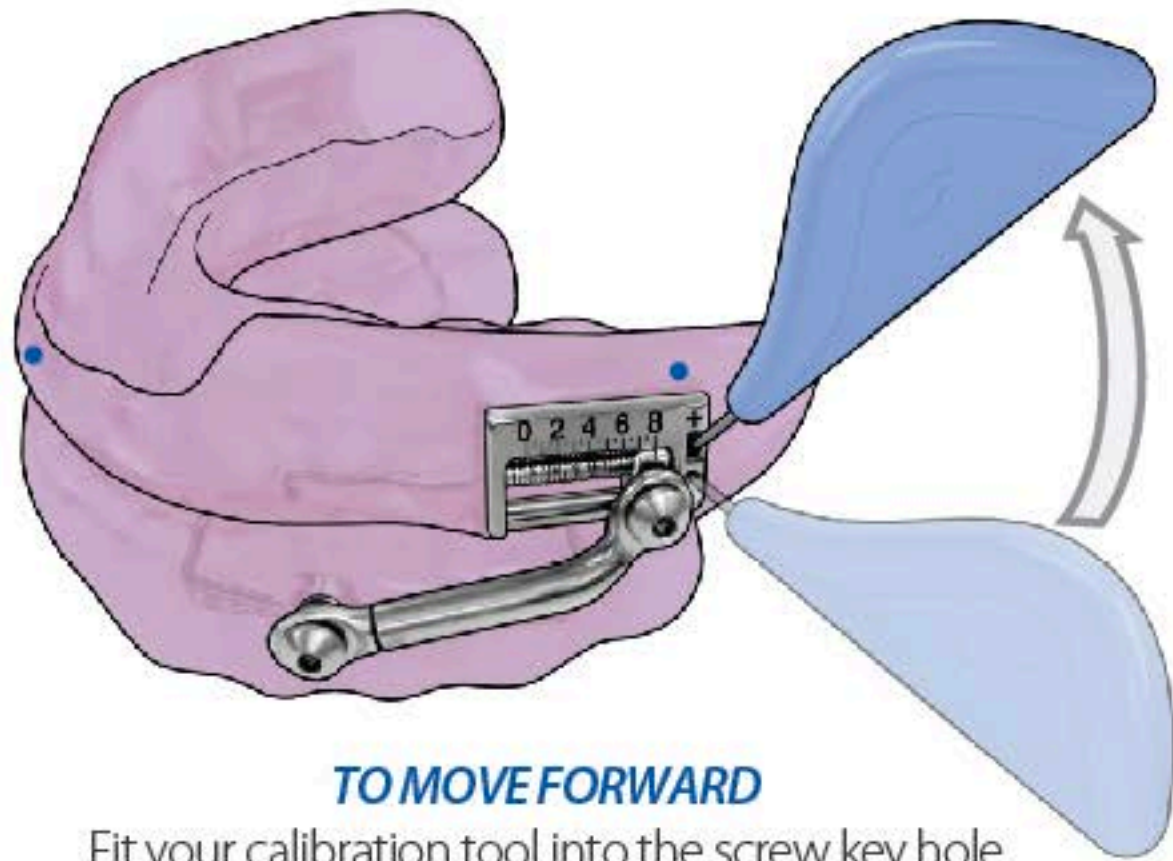


TO MOVE BACKWARD

Fit your calibration tool into the screw key hole and rotate downward, away from the plus indicator.

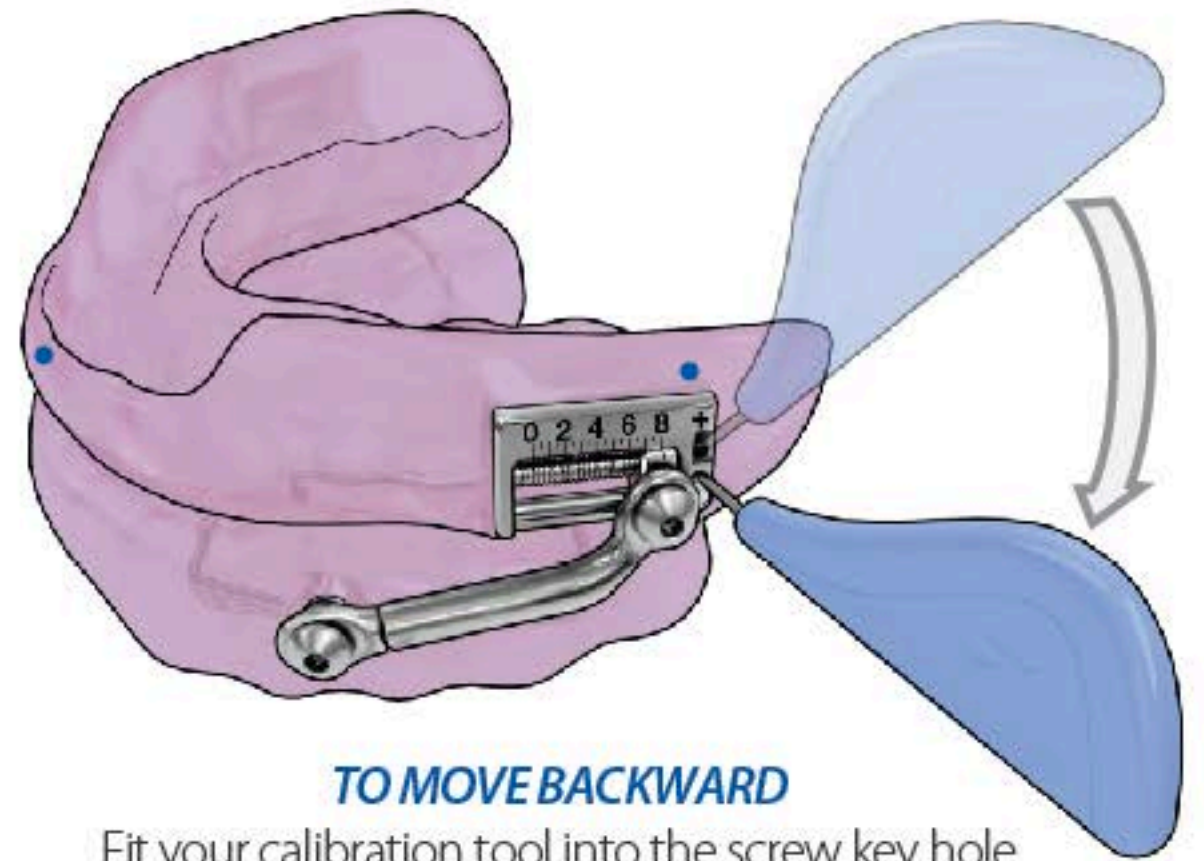
ADJUSTMENT — LEFT SIDE

Always repeat the same calibration on both sides of your device.



TO MOVE FORWARD

Fit your calibration tool into the screw key hole and rotate upward, toward the plus indicator.

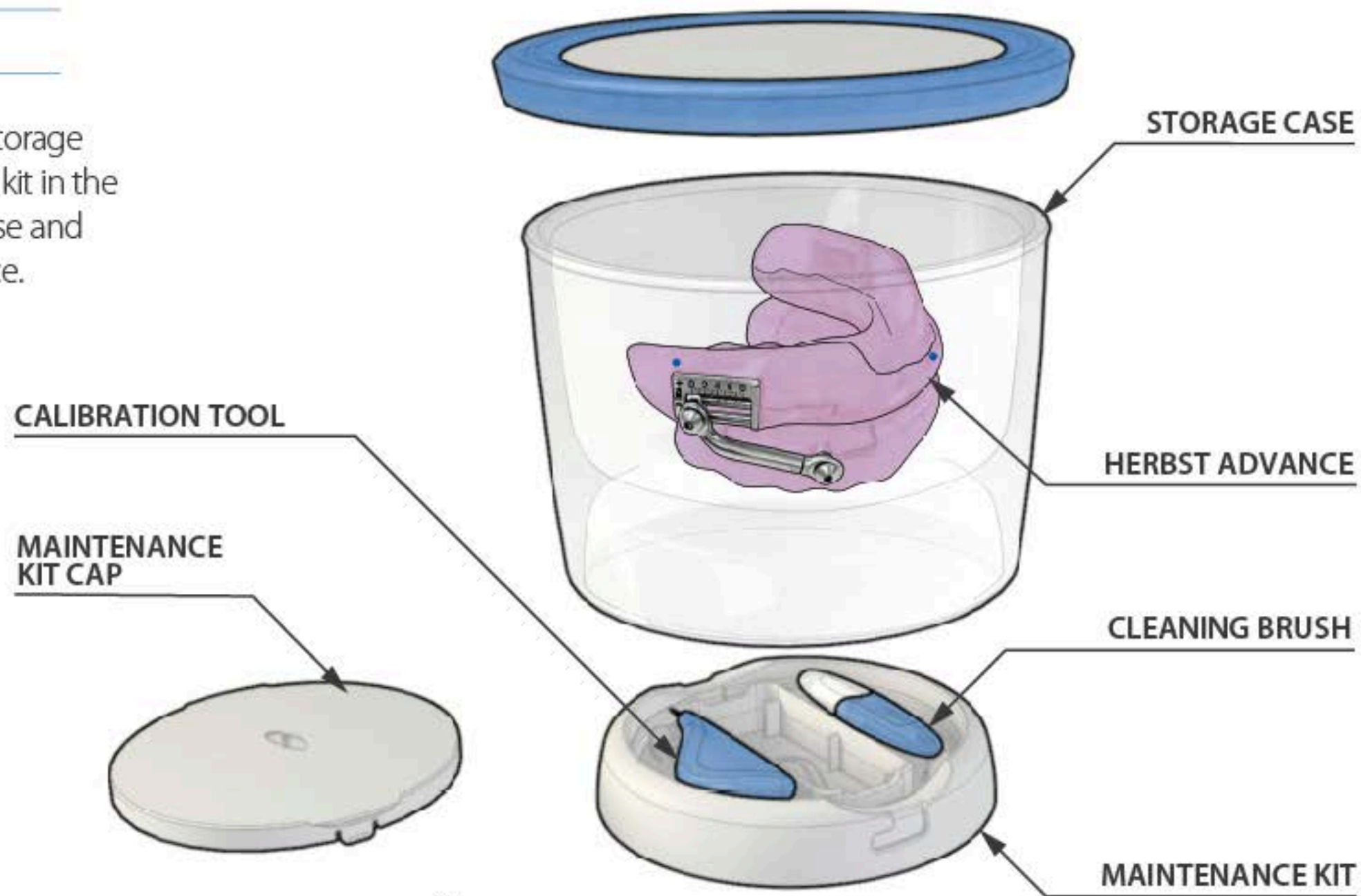


TO MOVE BACKWARD

Fit your calibration tool into the screw key hole and rotate downward, away from the plus indicator.

ACCESSORIES

Fill your storage case with water for storage during the day. The maintenance travel kit in the base holds everything you need to use and maintain your SomnoDent device.



Keep a log of your Herbst Advance Calibration settings.*

Date	Number of Millimeters

Date	Number of Millimeters

*Make sure you keep a Sleep Diary for the first 30 nights (located at the back of this User Guide).