

welcome

Scan the QR code with your smart phone camera, or visit
www.bruxaware.com/quick-start

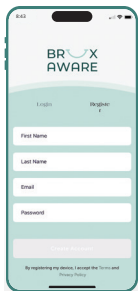


BRUX AWARE™

BruxAware Setup Instructions



1. Download the Bruxaware App



2. Create Brux Aware Account & Login to the App



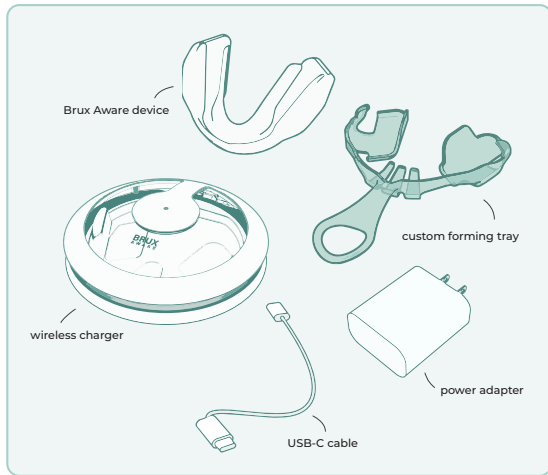
3. Pair the App with your Brux Aware device



4. Customize the fit of your Brux Aware device

If you encounter any issues, please contact us at
support@BruxAware.com

What's Included



What's Needed

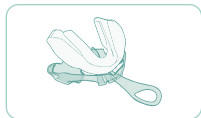


BruxAware Fitting Instructions

Read these instructions before fitting Brux Aware to your UPPER teeth

Never place your Brux Aware guard in the microwave!

For the best fit, practice steps 10-12 beforehand



1. Snap Brux Aware into the fitting tray.



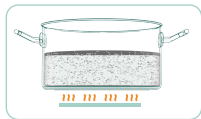
2. Fill a glass with enough room-temperature water to hold the fitting tray. Set it aside for steps 9 and 15.



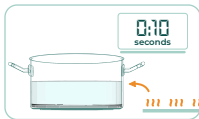
3. Set a timer for one minute.



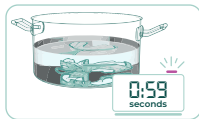
4. Select a pot or bowl large enough to hold the fitting tray under about one to two inches of water.



5. Bring the water (**without Brux Aware!**) to a boil on the stove or in a microwave.



6. Remove the pot of water from the heat source and let it rest for 10 seconds.



7. Place the fitting tray with Brux Aware in the pot of hot water and start the one minute timer.



8. After one minute, remove the tray with Brux Aware with a fork or tongs.



9. Quickly dip Brux Aware into the glass of water for a second.



10. Look in the mirror and hold the tray with Brux Aware by the handle. The small indentation on the top-center bridge aligns with the center of your two front teeth.



11. Open your mouth wide and press the bridge against your top front teeth.



12. Bite down firmly and use suction for about 10 seconds to get a good fit. The guard may feel hot, but it will cool down quickly.



13. Relax and wait about one minute.



14. Slowly open your mouth. If fitted properly, the tray and guard will remain securely attached to your upper teeth.



15. Place the tray and Brux Aware into the glass of room-temperature water for five minutes to set it.



16. Remove Brux Aware from the tray and you are ready for the next step!

If the fit is not right, bring the pot of water to a boil again and try again!

Instructions for Wireless Charging



1. Connect the supplied charging cable to the wall charger and charging device, then plug it into a standard wall outlet.



2. Place Brux Aware in the charger. This will turn your Brux Aware guard on as indicated by a small blinking light.



3. Close the lid. The flashing blue light will change to a gentle blue and purple pulse. The purple glow is a UV light that continuously sanitizes the surface of Brux Aware.



- An orange blinking light may indicate metal, water, or debris in the charger. Remove it, then unplug the USB-C cable for 10 seconds and reconnect it.



4. Allow your Brux Aware to charge for about two hours.

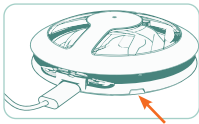


5. Check the App for the current charge of your device.

Pairing with the App



1. To pair your device with the app, place Brux Aware in the charger and make sure the light comes on.



2. Press the pairing button on the back-left of the charger case. The light will blink white and the Brux Aware light will remain solid.



3. Return to the app and follow the instructions on the screen.

Intended Use

The Brux Aware™ System is designed to monitor and record teeth grinding and jaw clenching (Bruxism) during sleep. Data is transmitted securely via Bluetooth® to the Brux Aware mobile app and stored in encrypted form in the cloud.

WARNINGS

- For adult use only.
- Keep out of reach of children.
- Keep away from pets.
- Consult your dentist before use if you have loose teeth, dental implants, or TMJ pain.
- Not a substitute for professional dental care.
- Stop use immediately if pain, irritation, or discomfort occurs.
- Not intended for athletic or impact protection.
- Do not use while intoxicated or under the influence of drugs or alcohol.
- Do not subject Brux Aware or charger to excessive impacts. Inspect for visible damage before reuse.
- Do not use if cracked or damaged.
- Do not incinerate.
- Do not microwave!

Care and Cleaning

- **DO NOT PLACE BRUX AWARE IN HOT WATER FOR MORE THAN 1 MINUTE!**
- Rinse dental guard under running water after each use. You may clean with effervescent tablets, mild soap, toothpaste and toothbrush and warm water.
- You may use mouthwash, alcohol or hydrogen peroxide to clean your Brux Aware guard.
- You may use ultrasonic devices to clean Brux Aware.
- After cleaning, shake off excess water and allow to air dry or towel dry before charging.
- Use a damp cloth to clean the charger.
- Do not submerge charger in water!
- Do not use bleach or abrasive cleaners.
- Do not place dental guard in dishwasher.
- Exposing the dental guard to strong magnetic fields may turn it off. To turn it back on, place it in the charger – make sure the charger is plugged-in!

Replacing your Brux Aware dental guard

All dental guards should be replaced over time. Please check your Brux Aware guard monthly for wear. The life of your Brux Aware guard depends on how often you grind and the force of your teeth grinding.

30 Day Money-Back Guarantee**

Keep your receipt: If you are not completely satisfied with the fit and comfort of the dental guard, we will gladly give you a full refund (not including taxes or postage costs) if you call or email us within 30 days of the purchase date.

6 Month Protection Guarantee**

From date of purchase, we guarantee that your Brux Aware guard will give you 6 months of teeth grinding protection. If not, we will send you one free Brux Aware guard per purchase as a replacement.

**One per purchase. This guarantee is only valid for products purchased in the U.S. by customers living in the U.S.

Storage and Temperature

- Store between 32°F and 122°F, 0 to 50°C.
- Do not modify or heat except as directed.
- Other than the 1 minute hot water bath to fit Brux Aware as described in these instructions, do not heat. Do not expose your Brux Aware guard to ovens or flame. If exposed to excessive heat, discontinue use immediately and do not charge or wear.
- Do not perform the boil-and-bite fitting more than three times. Contact us if there are fit issues.
- Do not leave in a hot car. Do not freeze.

Charging and Battery

- Contains a sealed rechargeable lithium-polymer battery designed for safe use in oral environments.
- Charge only with the supplied charging base and cable.
- Charge in a dry, ventilated area away from bedding or flammable materials.
- Avoid charging while dripping wet or submerged.
- Ensure area inside charger is free of metals, debris and excessive moisture before connecting to power.
- Do not crush, puncture, or incinerate.

FCC § 15.21 Warning

Caution: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment

ISED Warning

MedSense Labs, LLC n'approuve aucune modification apportée à l'appareil par l'utilisateur, quelle qu'en soit la nature. Tout changement ou modification peuvent annuler le droit d'utilisation de l'appareil par l'utilisateur.

FCC Class B Warnings

The FCC Wants You to Know

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- a) Reorient or relocate the receiving antenna.
- b) Increase the separation between the equipment and receiver.
- c) Connect the equipment to an outlet on a circuit different from that to which the receiver is connected.
- d) Consult the dealer or an experienced radio/TV technician.

FCC Compliance Interference statement

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) this device may not cause interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

Wireless notice

This device complies with FCC radiation exposure limits set forth for an uncontrolled environment and meets the FCC radio frequency (RF) Exposure Guidelines. This transmitter must not be co-located or operating in conjunction

with any other antenna or transmitter.

Le présent appareil est conforme à l'exposition aux radiations FCC / ISED définies pour un environnement non contrôlé et répond aux directives d'exposition de la fréquence de la FCC radiofréquence (RF) et RSS-102 de la fréquence radio (RF) ISED règles d'exposition. L'émetteur ne doit pas être colocalisé ni fonctionner conjointement avec à autre antenne ou autre émetteur.

IC STATEMENT

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

- 1) This device may not cause interference.
- 2) This device must accept any interference, including interference that may cause undesired operation of the device.

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

- 1) L'appareil ne doit pas produire de brouillage;
- 2) L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement

RF Exposure Information - FCC

The RF Exposure Statement - The distance between the user and the product should be no less than 20 cm.

Déclaration d'exposition aux RF - La distance entre l'utilisateur et le produit ne doit pas être inférieure à 20 cm

Due to the product's small size and its intended use inside the mouth, the required regulatory label cannot be affixed directly to the device. The label information is therefore provided in this User Manual.

FCC ID: 2BUJ7-A100
IC: 35120-A100 HVIN: A
CAN ICES-3 (B) / NMB-3 (B)
0.5A max. 5VDC

Limited Warranty

Limited One-Year Warranty: Covers defects in materials and workmanship under normal use. See full warranty terms at www.BruxAware.com/warranty.

Software License and Privacy

By activating or using this device, you agree to the Terms of Use, Software License Agreement, and Privacy Policy at www.BruxAware.com/legal. Full details of data handling, cloud storage, and user rights are available at www.BruxAware.com/privacy.

Recycling and Environmental Information

Dispose of the battery in accordance with local regulations. Do not dispose of this product with general household waste. Recycle through approved electronic waste programs. For proper recycling or take-back information, visit www.BruxAware.com/recycle.

Support

For troubleshooting, pairing instructions, or video guides, visit www.BruxAware.com/quick-start or scan the QR code on the package.

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*Bluetooth is a registered trademark and certification mark owned by the Bluetooth Special Interest Group (SIG), Inc.. The Bluetooth SIG is a non-profit organization that oversees the development, licensing, and protection of Bluetooth technology standards, and does not manufacture products itself.

BRUX AWARE



Brux Aware™ Smart Night Guard System
Manufactured by MedSense Labs, LLC
2N Lake Ave., Suite 520 Pasadena, CA 91101
www.bruxaware.com | support@bruxaware.com
Designed in Pasadena, CA

Brux Aware mouth guard is manufactured in
Reno, NV USA
Charger made in Vietnam
Power cable & adapter from China
Patent Pending 63/841,265

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