

TITRATION OF THE SLEEP HERBST DEVICE:



The Sleep Herbst device is characterized by the bilateral Herbst telescoping arms connecting the upper and lower elements of the appliance. There are multiple available adjustment mechanisms currently in use, but the barrel mechanism is most common. The barrel has FOUR adjustment holes, each placed in 90 degree positions. As the barrel is turned, the lower element and lower jaw position is moved forward.

To titrate/advance the mandible:

- Note that there is an arrow on the upper or lower element of the appliance to guide advancement, one arrow pointing up, the other side pointing down. Note the 4 small holes in the adjustment barrel.
- Place the adjustment key **horizontally** into the hole on the **SIDE** of the adjustment barrel
- **Turn the key in the direction of the arrow** until it is in a vertical position. You have just completed a 1/16mm advancement on that side. Complete 16 turns to provide an advancement of 1mm.
- Turn the device over and complete the same procedure, **16 turns in the direction of the arrow**
- To reverse/retrude the position of the jaw, complete equal number of turns **in the direction opposite the arrow**



