

# FITTING GUIDE



**AIRWAAY<sup>®</sup>**

**PERFORMANCE MOUTHPIECE**



**BUILT WITH PURPOSE. BACKED BY SCIENCE.**



# FITTING INSTRUCTIONS



*Many athletes have fit and worn a protective mouthguard to protect their upper teeth during contact sports, but most athletes have never fit or used a mouthpiece on their lower teeth for performance enhancement. Your satisfaction is our number one concern. If you have any trouble with the fitting process, we will send you a new mouthpiece at no additional cost. Contact us at [customerservice@airwaav.com](mailto:customerservice@airwaav.com) or call us at 1-800-894-5340.*

## MICROWAVE (Recommended)

### *Items Needed:*

- » *Microwave*
- » *Paper Towel*
- » *Plate*
- » *Slotted spoon*
- » *Bowl Of Cold Water*



# THE PROCESS



## STEP 1: PROTECT

*Roll up part of a dripping wet paper towel and place it in between the channels of the mouthpiece to help prevent the walls from folding when heating the mouthpiece.*



## STEP 2: COVER

*Cover the plate with a dripping wet paper towel and place the AIRWAAV in the middle of the plate with the side walls of the mouthpiece facing up.*



*Cover the AIRWAAV performance mouthpiece by folding up the soaked paper towel.*



### **STEP 3: COVER**

*Place the plate in the microwave and heat the soaked paper towel and mouthpiece for 1 minute. (Add more time if needed based on power level)*

### **STEP 4: RETRIEVE AND DUNK**

*Use the slotted spoon to remove the mouthpiece from the plate, Loosen the paper towel covering the mouthpiece, remove the rolled up paper towel protecting the side walls and drop the mouthpiece directly into the bowl of cold water (please use caution the paper towel and mouthpiece could be very hot). Allow the mouthpiece to rest in the bowl of cold water for 3-5 seconds.*



## STEP 5: MOLD

*Place the mouthpiece on your bottom teeth for 2 minutes ensuring the Intake Bar fits on the inside of your bottom teeth and mold by:*

- 1. Gently biting down*
- 2. Pressing your fingers and tongue into the mouthpiece (inside and out) to push the soft fitting material around your teeth. The more material that gets into the grooves of your teeth the tighter the mouthpiece will fit.*

*\*When placing the mouthpiece in your mouth make sure the sidewalls stay vertical. You can try to remold if the walls collapse or we will send you a new product at no additional cost.*

## STEP 6: WEAR OR COOL

*For a tighter fit we recommend taking your AIRWAAV Performance Mouthpiece for a workout right after the 2-minute molding process. For example something as simple as a short run after the molding step will help the device fit tighter. Make sure you bite down and breathe through your mouth.*

*However, if you don't have a workout planned for right after the molding process, put the molded device back in cold water for 5-10 minutes. AIRWAAV's patented fitting material will continue to shrink and provide a tighter fit 24 hours after molding.*



## **STEP 7: BREAK YOUR BEST!**

*Place the mouthpiece in your mouth, follow our usage instructions and headout for a workout.*

*If the mold of your mouthpiece gets out of whack at any time you can remold it with this same process.*

## **BOILING WATER**

*Items Needed:*

- » *Pot*
- » *Slotted Spoon*
- » *Bowl Of Cold Water*

### **STEP 1: BOIL**

*Fill a pot with enough water so that the mouthpiece can be submerged without touching the bottom of the pot and heat on a stove.*

### **STEP 2: DROP**

*Once the water is boiling turn off the heat and drop the mouthpiece into the boiling water. Leave the mouthpiece in the water for one minute.*

### STEP 3: RETRIEVE AND DUNK

*Retrieve the mouthpiece using a slotted spoon and drop it directly into the bowl of cold water (please use caution as the mouthpiece could be very hot). Allow the mouthpiece to rest in the bowl of cold water for 3-5 seconds.*

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*Visit [AIRWAAV.COM](http://AIRWAAV.COM) for more information.*