DORMIVA

Find your Dormiva size

Dormiva Anti-Snoring Mouth Guard comes in Small, Medium and Large. This page takes about one minute and tells you which one to order.

You measure one thing: the width of your upper front teeth, from the outer edge of one pointed corner tooth to the other. Counting outward from the middle, 1, 2, 3, the third tooth is the pointed one.

Before you start: print page 2 at 100% ("Actual size") with "Fit to page" off, then check the scale with the card box.

No printer? You don't need one: any ruler with millimeter marks works; see the bottom of this page.

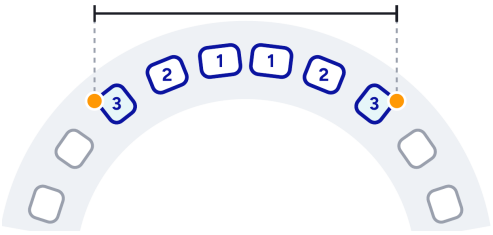
THE SELFIE METHOD · ABOUT ONE MINUTE

No biting. Photograph your teeth against the strip with your phone's front camera, then read the numbers off the photo.

1. Cut out the strip on page 2 along the dashed line.
   No printer? Use any ruler with millimeter marks instead; see below.
2. Open the front ("selfie") camera on your phone in good light. Hold the phone at mouth height, straight on, about a foot away.
3. Hold the strip with the numbers facing the camera. Rest its ruler edge (the edge with the small tick marks) along the biting edges of your upper front teeth, level, with the orange 0 between your two middle teeth.
4. Smile wide so your upper teeth show, and take the photo. If your lip covers the corner teeth, lift it with a finger. The volume button or the timer helps if you need both hands.
5. Open the photo and zoom in. From the middle, count outward 1, 2, 3; the third tooth on each side is the pointed one. Read the tick mark directly under the outer edge of each third tooth. If it helps, use your phone's markup tool to draw a line straight down from the tooth to the ruler.
6. Add the two numbers. Example: 17 + 17 = 34 mm.
7. Find your size in the table on the right.

Tips: A mirrored selfie makes no difference; the ruler is the same on both sides. No phone? A mirror or a helper works the same way. Readings are usually about 13 to 20 on each side; if not, check that the 0 is between your middle teeth and the strip is level, then try again.

Your upper teeth, seen from below



From the middle, count 1, 2, 3; the third tooth is the pointed one. In your photo, read the ruler under the outer edge of each tooth 3 (the orange dots), then add the two numbers. Example: 17 + 17 = 34 mm.

YOUR SIZE

Small	30 mm or less
Medium	31 to 33 mm
Large	34 mm or more

Not sure? Choose the larger size.

Could not get a clear measurement?
Choose Large. Large fits most adults; it may feel slightly bulkier than a size chosen by measurement.

NO PRINTER?

Any ruler with millimeter marks works. Hold its marked edge flat and level along the biting edges of your upper front teeth, with the 0 at the outer edge of one pointed corner tooth. Take a selfie as in steps 2 and 4, zoom in, and read the mark under the outer edge of the other corner tooth. That is your width; nothing to add. Then find your size in the table above. Inch ruler? 31 mm is about 1 1/4 in, 34 mm about 1 3/8 in.

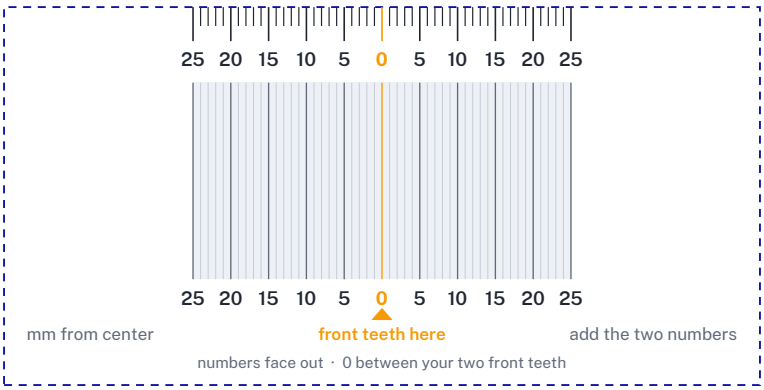
QUESTIONS?

If purchased from Amazon, contact the seller through Amazon messages. A photo of your strip against your teeth helps us size you.

Dormiva Anti-Snoring Mouth Guard is an over-the-counter mouth guard intended for use in adult persons 18 years of age or older as an aid for the reduction of snoring. Read all instructions in the package before use and use only as directed.

Dormiva sizing strip

Print this page at 100% ("Actual size") with "Fit to page" turned off. Check the scale with the card box below, then cut out the strip along the dashed line. Numbers face out.



Cut along the dashed line. The top edge with the tick marks is the ruler edge; rest it along the biting edges of your upper front teeth.

SCALE CHECK

A credit card or driver's license should fit this box exactly. If it doesn't, reprint at 100% ("Actual size").

85.6 mm × 54 mm

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