

Instructions

Thank you for choosing **Nyxweive**.

Before You Begin: What to Expect

Before getting started, take one minute to understand the overall process—this will make the experience much more comfortable and predictable.

The process consists of **three main steps**:

- 1) Making a stone model of your teeth
- 2) Vacuum forming your custom mouth guard
- 3) Trimming and smoothing

- Your **first attempt typically takes 60–90 minutes**, including waiting time.
- A less-than-perfect first result is completely normal. This is **not a one-time-use product**—you can remake your mouth guard at any time.
- Most materials are **reusable** (except single-use items). The kit includes enough materials for multiple attempts, so mistakes won't create extra cost pressure.
- The goal is not a “perfect-looking” guard, but one that:
 - ✓ Fits your teeth closely
 - ✓ Feels stable during sleep
 - ✓ Does not require you to “get used to discomfort”

Once you complete your first guard, future ones will be much easier to make.

In addition to making a custom mouth guard, the Nyxweive vacuum forming system can also be used to form other small household or hobby models.

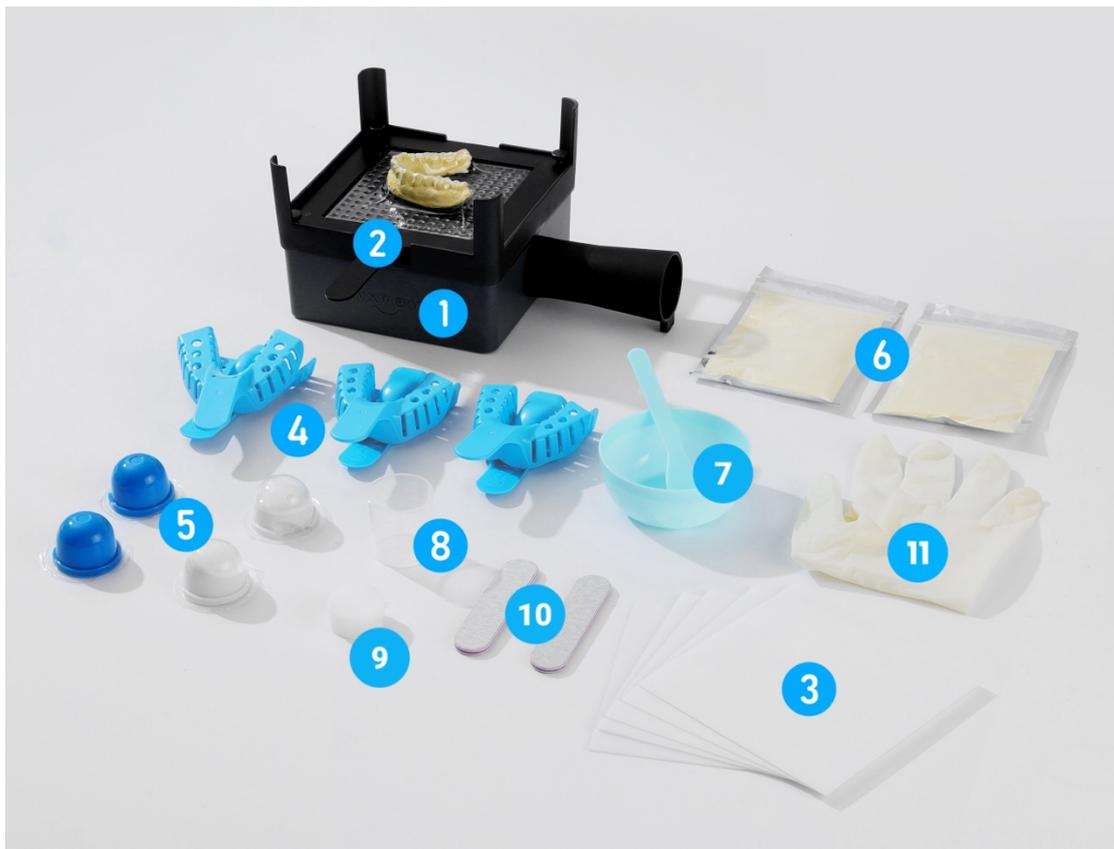
Notice Levels Explained

To keep this guide clear and easy to follow, we use three levels of notices:

- **⚠ Safety Warning**
Important for preventing burns, equipment damage, or household safety risks.
 - **! Key to Success**
Directly affects fit, comfort, and overall results. Please read carefully.
 - **💡 Helpful Tip**
Improves success rate and user experience—especially useful for first-time users.
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Part 1: What's Included

Your kit includes the following main components (actual contents may vary by order):



- Vacuum forming unit (top plate, base unit, vacuum hose) [#1]
- Metal frame/fixture with hand-tightening screws [#2]
- Vacuum forming sheets (various thicknesses and firmness levels) [#3]
- Impression trays (upper/lower, multiple sizes) [#4]
- Impression putties (blue & white) [#5]

- Stone powder [#6]
- Mixing bowl and spatula [#7]
- Measuring cup [#8]
- Petroleum jelly [#9]
- Sanding board [#10]
- Disposable gloves [#11]

💡 **Note:** Item quantities may vary by order. Please refer to your order details.

Part 2: Step-by-Step Instructions

⚠️ **Strongly recommended:** Watch the Nyxweive Quick Start video before beginning.

Visit: nyxweive.com/setup or scan the following QR code.



Step 1: Make the Stone Model

You will use: Impression trays [#4], impression putties [#5], stone powder [#6], mixing tools [#7], measuring cup [#8], petroleum jelly [#9]

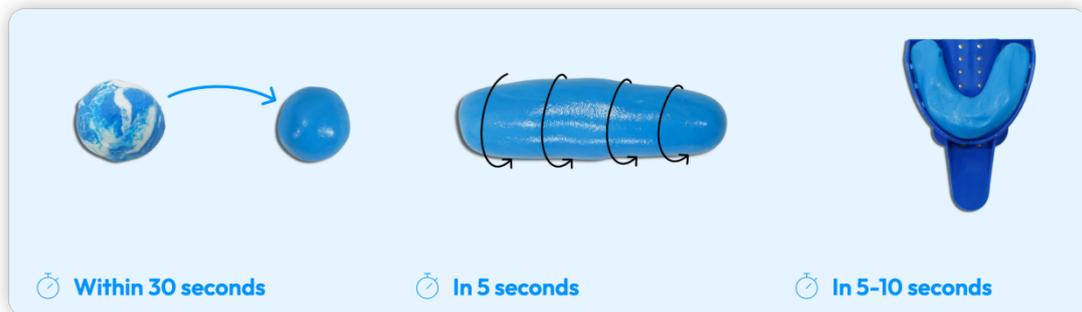
Step 1A: Take Your Impression

Your impression is a replica of your teeth. The quality of this step determines how well your mouth guard will fit.

1. Try on the impression trays [#4] and select the size that fits your mouth best.

2. Decide whether you are making an **upper or lower** mouth guard.

Remove one set of impression material (blue + white). Quickly knead both colors together with your fingers until the color is uniform. [#5]



! Key to Success

- Complete mixing within **30 seconds** to prevent premature hardening.
- Gloves are not recommended—material may stick to glove surfaces.

Evenly press the mixed material into the selected tray.

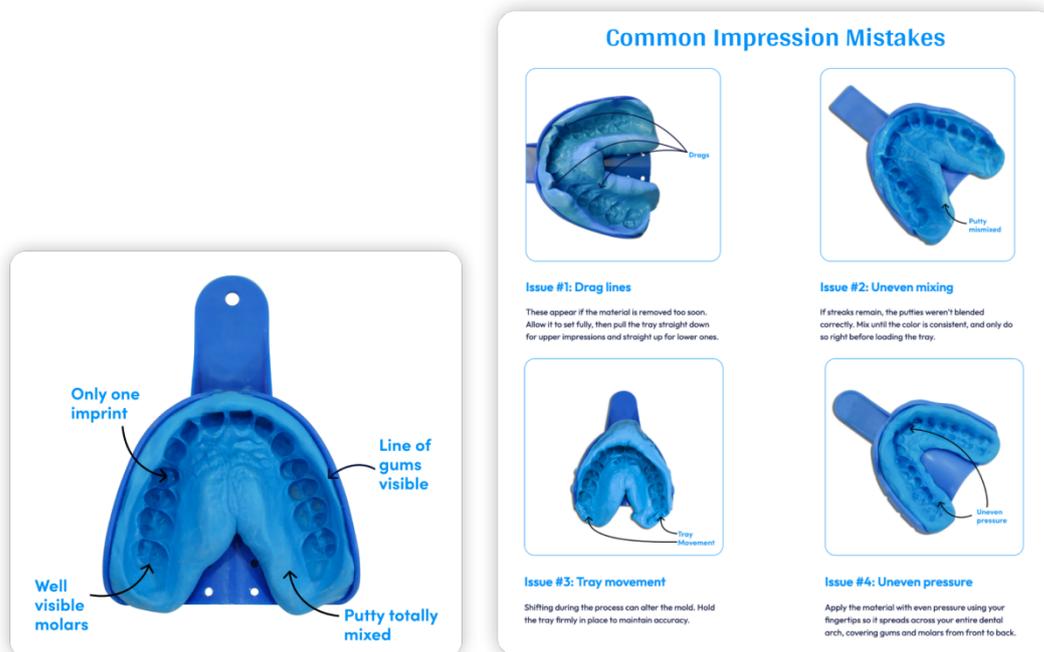
Insert the tray into your mouth, keeping your teeth centered. Hold it steady with your fingers and remain still until fully set (about **5 minutes**).

Remove the tray slowly by gripping both sides—not by pulling the front handle.

💡 Helpful Tip

- A good impression fully captures each tooth and extends slightly beyond the

gum line where teeth meet the gums. This depth is essential for stability and fit.



After removal, submerge the completed impression in **hot water that was just brought to a boil and then removed from heat** for about **15 minutes**. Dry thoroughly.

This helps reduce bubbles and improves stone model quality.

Apply a thin layer of petroleum jelly inside the impression and set aside.

Step 1B: Create the Stone Model

Mix **half a bag (35 g)** of stone powder with **15–18 ml of water** in the mixing bowl.

Stir continuously while pressing the mixture to remove trapped air until smooth.



! Key to Success

- Pressing and smoothing during mixing helps eliminate hidden air bubbles.

If the mixture begins to feel too dry, add small amounts of water (**2–3 ml at a time**) to maintain proper flow.

Put the mixture into the impression, filling tooth details first. Gently tap the mold on a table to release air bubbles until fully filled.

Allow the stone to fully set for about **45 minutes**.

Once hardened, slowly and patiently separate the impression material from the stone model. Gently rocking helps release it without damage.



You now have a personal model of your teeth.

Step 2: Vacuum Form the Mouth Guard

You will use: Vacuum forming unit [#1], metal frame [#2], forming sheet [#3], stone model, household vacuum cleaner, household oven or other non–open-flame heating device. (Non-contact heating devices such as heat guns or electric ceramic stoves)

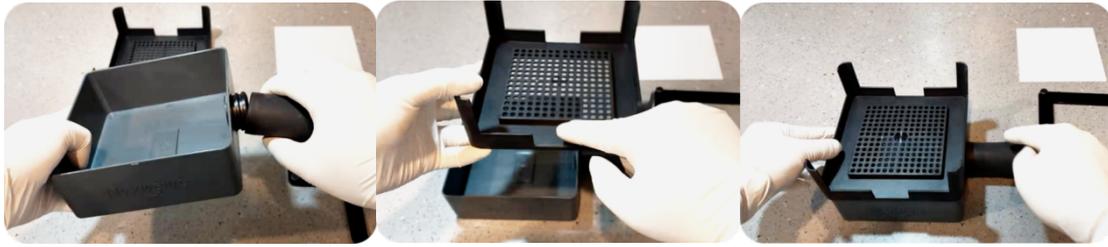
! Safety Warning – High Heat

- Keep children away during this step.
- Do not touch heated metal parts or softened sheets.
- Do not use any open flame.

Connect the tapered vacuum hose to the unit and your household vacuum. Ensure the connection is as airtight as possible—air leaks will reduce suction and affect results.

(If your home vacuum cleaner has a non-standard connector, you can use tape to seal the joint between the tapered hose and the vacuum cleaner.)

Install the black top plate onto the gray base, making sure the slot on the forming platform is aligned perpendicular to the vacuum inlet.



Place the stone model centered on the forming platform.

Peel off protective films from both sides of a forming sheet. For your first attempt, start with a softer sheet.

Secure the sheet in the metal frame. The frame uses **four hand-tightened screws—no tools required.**

Screws must be tightened manually to prevent the forming sheet from detaching during vacuum forming or heating.



Place two heat-resistant objects of the same height (approximately 10 cm / 3.9 inches tall), such as glass cups or ceramic containers, inside the oven, spaced about 12 cm (4.7 inches) apart. These will serve as supports to elevate the metal fixture, allowing the molded sheet to hang freely during heating.

Position the metal fixture with the molded sheet installed horizontally across the two supports and begin heating. When the molded sheet sags approximately 2–3 cm (about 1 inch), heating is complete. This usually takes about 2–3 minutes, but the sagging height should be used as the primary indicator.

If an oven is not available, wear heat-resistant gloves or take other protective measures. Hold the handle of the metal fixture and heat the molded sheet evenly about 10 cm (3.9 inches) above an electric ceramic stove or heat gun. When the softened sheet sags about 3 cm (1.18 inches), heating is complete.



⚠ Household Safety Tips

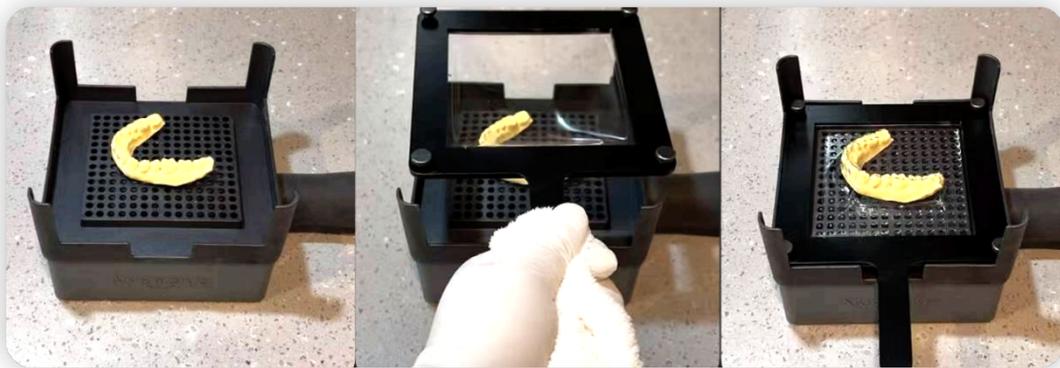
- Do not let the sheet or metal frame touch the oven's heating elements.
- Do not place the frame directly on the oven floor.
- Always place it on the center rack for even heating.

Set the oven to at least **250°C (480°F)** and begin heating with the frame inside. Heat until the sheet softens and naturally sags by about **2–3 cm** (approximately **1 inch**).

! Key to Success

- Sagging more than 3cm may result in a guard that is too thin.
- Sagging less than 2cm may result in a poor fit.

Turn on the vacuum **BEFORE** lowering the heated sheet. Once softened, quickly and evenly press the frame straight down onto the forming platform.



Hold for **10–15 seconds**. Allow to cool completely before removing.

Step 3: Trim and Smooth

You will use: Scissors, sanding board [#10]

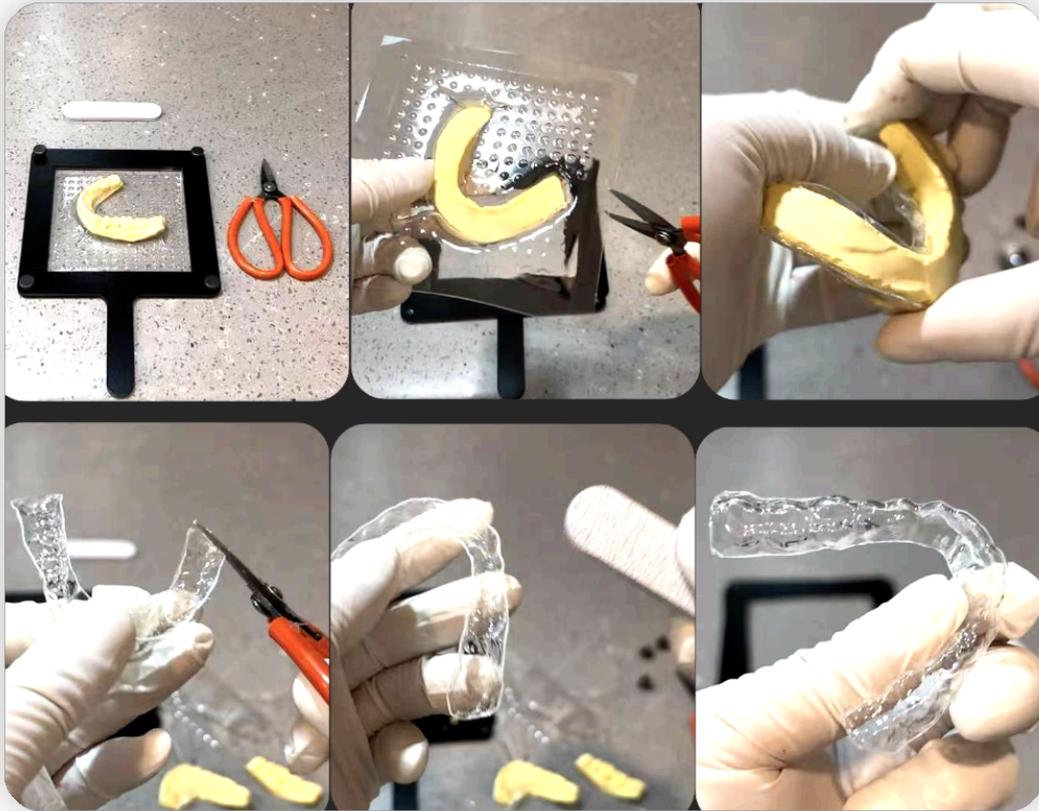
Trim away excess material with scissors.

If the guard is difficult to remove from the stone model, carefully trim small areas of excess material to help release it—**without cutting into the tooth-covering portion**.

Gently separate the guard, taking care to avoid damaging the plaster model. Keeping the model intact allows you to make a new night guard without having to create another model, saving both time and materials.

Trim along the gum line so that only the tooth-covering portion remains.

Use the sanding board to gently smooth all edges for comfort.



Fitting & Adjustments

When trying on your mouth guard:

- It should feel secure but not tight or painful
- Do not force it if discomfort is present

💡 **Good news:** You now have your own night guard.

If minor adjustments are needed, you can re-trim the edges. And if you ever wish to make another guard, you can use your existing stone model and remaining materials to create a new one.

Final Notes

Thank you for choosing **Nyxweive**.

Unlike traditional boil-and-bite products, this is not a “make-do” solution—it’s a system that puts control in your hands.

- If you have any questions or run into any issues, please don’t hesitate to reach out. Our support team is here to help and will do our best to make sure you’re satisfied with your experience.
- If you’re planning to make additional mouth guards in the future, feel free to contact us — we offer **exclusive discounts of up to 50% on replacement materials** for existing users.

 care@nyxweive.com

Wishing you quieter, more comfortable nights.

Nyxweive — Made By You. Made For You.