



Welcome to SOVA®.
Read these important fitting tips first.

PULL ►

Congratulations on the purchase of your new SOVA Night Guard. The fitting tips and information on the right will help you have a successful experience with our award-winning, ultra thin night guard.

Fitting Tips and Information:



To avoid having difficulties fitting the guard, read the instructions thoroughly, watch our video or give us a call, we are happy to help.



Be sure to use minimal suction while fitting to avoid a fit that's too tight.



SOVA needs to fully soften before fitting. So make sure the water is hot enough. The temperature should be about as hot as a cup of hot coffee or tea (160°F/71°C)



SOVA is made of a harder material on purpose. Softer guards are subject to more deformation and, for extreme clenchers, will not last long. Experts say that more serious clenchers are more likely to chew through their soft guards, and that these softer guards may actually actually stimulate an increase in bruxism by giving the user more friction and grip for bruxing, increasing muscle activity and related muscle soreness.