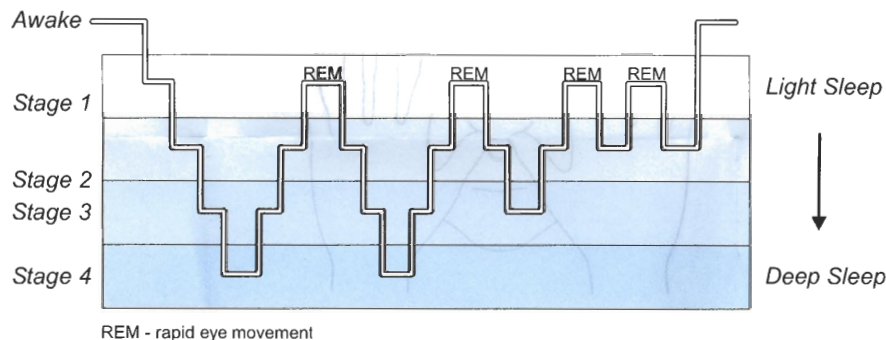


SNORING - Causes and Effects

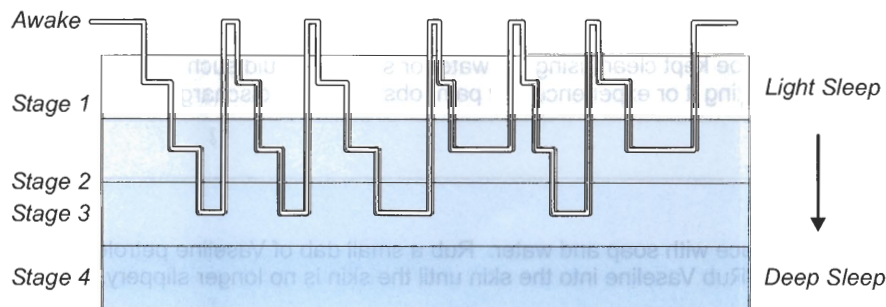
There is a common assumption that snoring only affects other people and not the one creating the noise. This is untrue as it can lead to a condition known as "Sleep Apnoea". This is a serious condition which may lead to other conditions, accidents due to over-tiredness, and even in extreme circumstances, death. Sleep Apnoea is the temporary cessation of airflow during sleep. The airway collapses due to relaxation and insufficient air enters the lungs. A person can stop breathing for a few seconds at a time. If this occurs frequently during the night the sufferer is automatically woken up and has their normal, restful sleep patterns disturbed. This results in daytime tiredness which can be dangerous if the person is driving or operating machinery.

NORMAL SLEEP PATTERN



REM - rapid eye movement

DISTURBED SLEEP PATTERN



How can a Nasal Dilator help?

Most types of snoring are caused by the relaxation and slight closing of the nasal passages. This in turn restricts the airflow to the lungs, and, to compensate, the body automatically allows breathing through the mouth during sleep. Oxygen absorption by the lungs is facilitated by the presence of warm, moist air rather than cold. Normal respiration takes place through the nose, which filters and warms the air by contact with the capillary veins in the nasal passages as inhalation takes place.

A snorer, who breathes through the mouth, inhales a greater volume of cold air. This accounts for the dry, raspy throat in the morning. The sound of snoring is created by the vibrations of the soft tissue at the level of the uvula in the palate/ tonsillar area. The vibrations resonate in the sphenoidal sinus, amplifying the noise as high as 80 decibels. The Nasal Dilator gently supports the nasal passages, encouraging normal respiration, and ameliorating the snoring problem. It is precision manufactured from surgical stainless steel, and will last for a long time, unlike its plastic counterparts, which have a short lifespan. The Dilator may help to reduce the noise, but you may also benefit from increasing your general fitness, or losing some weight which will certainly help to tone up the system.

There may be other underlying causes of snoring which need medical attention, perhaps an injury sustained in the past, disease, or excessive alcohol consumption. If in doubt, seek professional medical advice from your doctor.

Chin-Up strips - How can they help?

The nasal dilator should improve your breathing, allowing you to inhale more easily through the nose.

This needs to continue as you sleep. However, if you have been an habitual snorer, you may still have a tendency for your jaw to drop. To avoid this, before you retire -

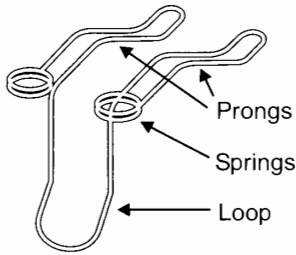
Check that there is no nasal blockage (a saline solution may be helpful)

Apply the Chin-Up strip and insert the nasal dilator as described in the instructions overleaf.

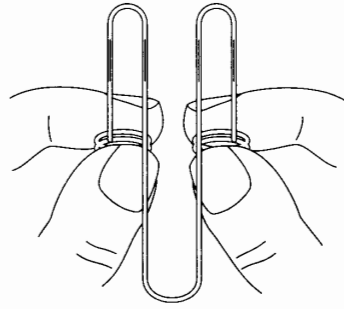
This may only be required for a few nights until you have become accustomed to the Dilator.

FITTING THE SNOREGEM

1. Identify the parts

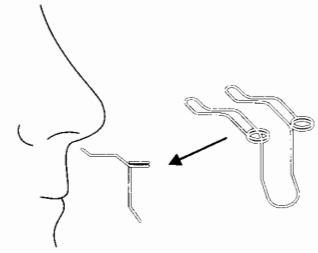


2. Hold the Snoregem



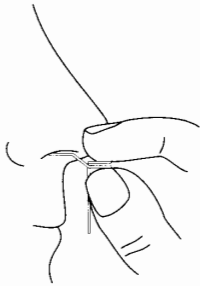
Gently hold the device by the springs between index finger & thumbs. The prongs should face you & the loop point **downwards** towards your chin.

3. Preparation



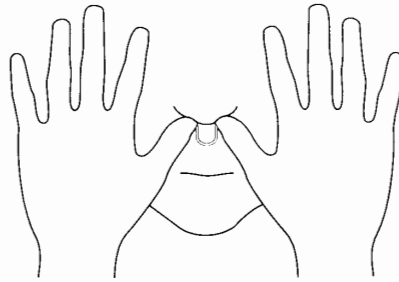
Using both hands together, line up the two prongs with the nostrils. & touch to the skin.

4. Insert the prongs



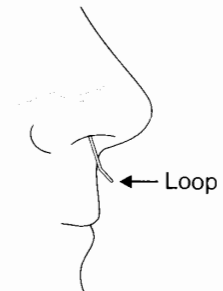
Now move the prongs gently up into the nasal passages. If done correctly you will find no resistance as they naturally locate to a comfortable position.

5. Complete the insertion



As the springs enter the nostrils, swing your fingers away from the face. Use the thumbs to insert the springs fully into nasal passages.

6. The Snoregem fitted

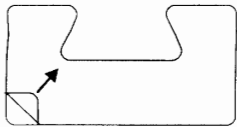


The retaining springs **MUST** fit inside the nose as shown in the diagram. The loop can be used to adjust the position for comfort.

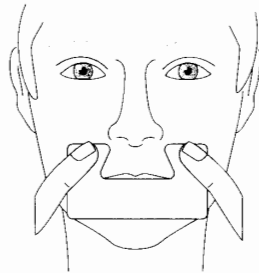
IMPORTANT - The Snoregem should be kept clean using hot water or sterilising fluid such as Milton. It should be comfortable in use. If you have any problems inserting it or experience any pain, obstruction or discharge consult a physician.

FITTING THE CHIN-UP STRIP

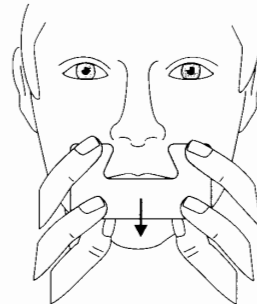
Before applying the Strip, wash your face with soap and water. Rub a small dab of Vaseline petroleum jelly on the cheeks where the cheek tabs will be located. Rub Vaseline into the skin until the skin is no longer slippery. Apply strip as indicated below.



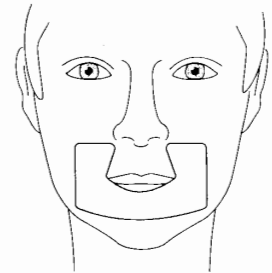
1. Remove the strip from the backing paper as shown



2. Apply the cheek tabs alongside the nose with the top of the chin section level with the top lip. With the index fingers, press on the cheek tabs so they hold their position



3. Next, with the middle fingers and thumbs, pull chin section below bottom lip to secure position for sleeping.
When pulling down, the strip should gently stretch under tension, which will hold the bottom lip and the chin up



4. When application is complete, gently press on the strip to secure all areas to the face

REMOVAL - Remove slowly to prevent skin irritation.

If necessary, apply warm, wet washcloth to the strip for about 20 seconds before removing. If the skin should become irritated, discontinue use or use on alternate nights until the skin conditions to daily use.

CAUTIONS - If nasal breathing is difficult or obstructed, do not use this product.

Do not use over sores, sunburned or irritated skin.

Not to be used on children under 7 years of age unless recommended by a physician.

Note - Do not use this product if you have any allergy associated with the adhesives used on medical tapes.