



Instruction manual

Delivery includes

1x



1x



1 Nasal dilator for snoring, 1 Storage box

Instruction manual

The somnipax breathe nasal dilator facilitates nasal breathing by gently dilating the nostrils. Improved nasal breathing prevents snoring and ensures a more restful sleep.

The somnipax breathe nasal dilator is safe to use, unlike some nasal sprays or drops there are no side effects or habituation effects.

somnipax breathe is made of soft, elastic medical grade plastic. It is transparent and inconspicuous. All rough edges of the nasal dilator are rounded so that the sensitive mucous membranes are not irritated.

The best way to use somnipax breathe is as follows:

- 1.** First clear your nasal passages, to do this you can use a nasal douche (such as NoseBuddy).
- 2.** When using somnipax breathe for the first time, you should stand in front of a mirror to insert them. This will make the insertion easier.
- 3.** Remove the somnipax breathe from the packaging. Hold the somnipax breathe by

the u-shaped connector with the cylindrical components facing upwards.

4. Now gently insert the cylindrical components of the somnipax breathe into your nose by applying light pressure until the u-shaped connector rests on the nasal columella. If you have a very small or narrow nose, you may not be able to insert the somnipax breathe too deeply.

5. The somnipax breathe should not cause you any pain once inserted. Nevertheless, you will initially perceive it as a foreign body in your nostrils, this sensation will diminish steadily after a short accustomation period.

Cleaning instructions:

The somnipax breathe can be used up to 60 times. Simply wash it thoroughly with warm water after each use and then dry it with a clean towel.

When cleaning, do not use abrasive or corrosive detergents, as these can damage the material of the nasal dilators and should also not come into contact with the sensitive mucous membranes in the nose. You should store the somnipax

breathe in a clean, dry place.

Important information:

Do not use somnipax breathe if you have issues with insertion due to an asymmetrical nose or you are known to suffer with blocked or obstructed nasal breathing. In addition, the nasal dilator is not suitable for the treatment of obstructive sleep apnoea. In these instances, please seek advice from your ENT doctor or a sleep specialist before use.