



**Instruction manual**

## Delivery includes

1x



1x



24x



1x Nasal dilator for snoring, 1x Storage box, 24x Air filters

## Instruction manual

The somnipax pure is a discreet nasal dilator with an air filter. It is inserted into the nostrils to improve nasal breathing, cleanse the air you breathe and reduce snoring. The replaceable filters of the somnipax pure filter out particles from the air we breathe in, such as house dust or pollen. The somnipax pure thus prevents the inhalation of dirt, pollen or other allergenic particles from the air, which can irritate the mucous membranes and cause them to swell. The somnipax pure is made from pleasantly soft, medical grade plastic. Since the nasal dilator acts mechanically, it does not cause any side effects even with regular use.

### **This is the best way to use the somnipax pure is to:**

1. Clear your nasal passages first, a nasal douche (like the NoseBuddy) is suitable for this purpose.
2. When using somnipax pure for the first time you should stand in front of a mirror. This will make the insertion easier.

3. Remove the somnipax pure and two filters from the packaging. Now insert the filters into the nasal dilator. To do so, simply push the filters into the channels inside the cylindrical shaped dilators. Hold the somnipax pure by the connecting loop so that the cylindrical components point upwards.

4. Now gently insert the somnipax pure into your nose, using light pressure, until the connecting loop rests on the columella of the nose (the area between the two nostrils) without pressure. If you have a very small or narrow nose, you may not be able to insert the somnipax pure quite as deeply.

5. The somnipax pure should not cause you any pain when worn. Of course, initially you may experience a sensation of having a foreign body in your nose at the, but this will disappear after a short period of acclimatisation.

### **Cleaning instructions:**

The somnipax pure can be used up to 60 times, but you should replace the filters after three usages at the most. Please remove the filters immediately, when you remove the somnipax

pure from your nose after use. Then wash the somnipax pure with lukewarm water and dry it with a clean towel. You can also clean the filters twice by rinsing them with lukewarm water and letting them dry afterwards. After the third use of the filters please dispose of, or replace them. Do not use any harsh or alkaline cleaning agents when cleaning, as these corrode the material and they should also not come into contact with the sensitive nasal mucous membranes. Store the somnipax pure in a clean and dry place when not in use.

**Important information:**

Do not use somnipax pure 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.