



# Nasal dilators

Nasal dilators are a great tool for improving nose breathing – both during the day and at night. The following different types are available:

## Wing-shaped



**somnipax air model, wing-shaped nasal dilator**  
(trial pack with 3 sizes [S/M/L])

Wing-shaped nasal dilators are inserted slightly deeper into the nasal atrium, i.e. they expand the nasal airways over a longer area than tubular nasal dilators. They are particularly effective if the air flow is impaired deeper in the nose, as is the case with septum defects, for example. With their aerodynamically optimised winged shape, they are very effective at improving nose breathing.

### Particularly suitable for people with:

- Deeper constrictions in the nasal atrium
- High performance expectations for the nasal dilator (when playing sports in particular)
- Septum defects

## Tubular or cylindrical



### **somnipax breathe model, tubular nasal dilator** (1 nasal dilator, single size)

Tubular nasal dilators are inserted flat into the nostrils, i.e. only into the lower area of the nasal atrium. With their tubular shape, they are particularly good at dilating the nasal atrium. They are also characterised by their very comfortable design, as they evenly distribute the tissue pressure, meaning that there is virtually no risk of pressure points.



### **Particularly suitable for people with:**

- Unstable nostrils
- A sensitive pressure sensation in the nasal area
- Constricted nasal atrium



**Tubular nasal dilators  
specifically for allergy  
sufferers**



**somnipax pure model,  
tubular nasal dilator for allergy sufferers**  
(1 nasal dilator, single size, 24 filter inserts)

There are also tubular nasal dilators that have a filter insert and are specifically designed for allergy sufferers. With these dilators, a small filter is inserted in the tube that filters pollen and dust from the inhaled air before it passes the mucous membranes in the upper airways. The filters can be replaced as needed.



**Tubular nasal dilator  
with "dowel effect"  
for extra secure fit**



**oxyhero push model,  
tubular nasal dilator with extra secure fit**  
(trial pack with 3 sizes [S/M/L])

The tubular nasal dilator with "dowel system" ensures a particularly secure fit. There are two (detachable) wings attached to the outside of the tubes. Once the dilator has been inserted into the nasal atrium, these wings expand slightly to create a slight dowel dilation effect. The nasal dilator fits more securely as a result.

## How a nasal dilator works

A nasal dilator mechanically dilates the nostrils in the area of the nasal atrium, which improves the flow of air when inhaling and exhaling. A nasal dilator is particularly effective in people whose nostrils have a low underlying tension, i.e. where the nostrils are contributing to pronounced nasal inhalation. People with septum defects may also see a marked improvement in their breathing when using a nasal dilator.



Alternatively, you can also buy the nasal dilators online at SomniShop [www.somnishop.co.uk](http://www.somnishop.co.uk)

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