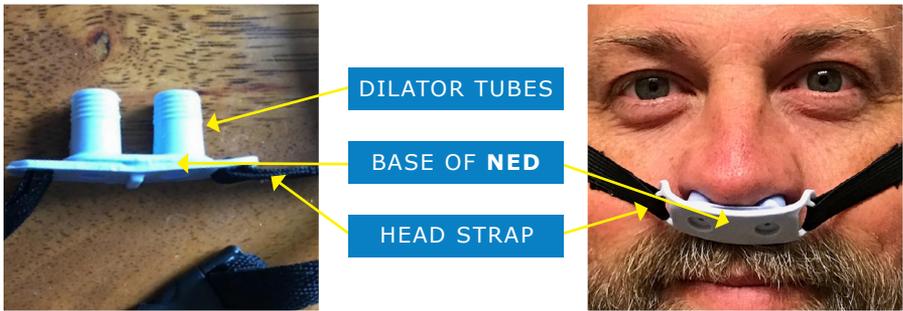




*Snoring Solution for Deep Sleep  
and a Recharged Life*

## INSTRUCTIONS



- 1 PLACEMENT** The dilator tubes are inserted into the nostrils. The head strap wraps around the head, right above the ears. The base of NED rests outside the nose and above the lip.
- 2 ADJUSTMENT** The head strap can be adjusted to comfort.
- 3 USE** Simply breathe. If you find it easier to breathe through your mouth initially that is just fine. The body will naturally switch to breathing through the nose as you fall asleep.

# TIPS

NED uses the power of your own breath to silence snoring and improve sleep. You should be able to feel a slight back pressure when you breathe out. It feels like a longer, slower, deeper breath. The gentle resistance is part of the magic of the NED Device.

Many people need a few nights to feel comfortable wearing the device throughout the entire night. Some nose soreness is common. Feel free to take it out in the middle of the night if it's causing any discomfort. Then try again the next night.

After use, rinse the device under warm water and lightly brush with a soft tooth brush using an antimicrobial soap. Store in a dry container.

See and hear how well it's working by using a smartphone app that records snoring. Record a few nights without wearing the NED Device and a few nights using it and see and hear the difference!

Each NED Device is designed to be re-used. Depending on use and maintenance each device should last 1-3 months. We recommend replacing it in no longer than 3 months.

## **Additional Information and Precautions**

If the skin in or around your nose is irritated, let it heal before using NED.

The safety and effectiveness of this device in pregnant women and children under the age of 18 has not been established.

If you have a cold, sinus or ear infection, don't use this device.

Keep out of the reach of children.

Adverse reaction to this device may include throat discomfort and dry mouth, nasal, sinus, or ear discomfort, headache, or irritation to the skin and nose.

Do not use if you have: very low blood pressure, severe heart problems, severe breathing problems, a cold, sinus or ear infection or perforated eardrum.

This product is not intended to treat sleep apnea.

For additional information or help please contact us at

[www.ned.rest](http://www.ned.rest)

NED LLC

*The NED Device is Patent Pending*

