

Welcome to



Getting Started

Welcome To A Quiet Night's Sleep

Theravent vented snore strips are clinically shown to reduce snoring, which can mean better sleep for both you and your partner. Theravent's patented EPAP technology uses the power of your own breathing to create positive expiratory pressure in your upper airways that targets and quiets snoring. You can hear results right away.

Help and Information

If you have questions, or simply want to walk through the best way to begin to use Theravent, please contact us.

- ☎ : 1-855-265-SNOR (7667)
- ✉ : customerservice@theraventsnoring.com
- 🖱 : www.theravent.com

What To Expect:

- Theravent vented snore strips consist of air vents in an adhesive device that you place over the openings in your nostrils.
- Theravent uses the power of your own breathing to create Expiratory Positive Airway Pressure (EPAP) in your upper airway. That pressure opens your airway and lessens the vibration of the soft tissue at the back of the throat to reduce snoring.
- You will be able to feel it working. After placing the device breathe in normally, as you breathe out you should feel a gentle resistance from the microvalves. This is Theravent starting to work.
- It may take a few nights to get used to using Theravent but give yourself some time. If you wake up feeling uncomfortable, take the device off and try again tomorrow.
- Remember, all snorers are different, so finding the Theravent product with the right resistance is important.
- To help you find the resistance level that is right for you Theravent provides product with different levels of resistance:
 - **Starter** - two strips of our lowest resistance product are contained in our Trial pack to help you get used to wearing and experiencing this novel technology
 - **Regular** - this product is designed with a moderate level of resistance to help a wide range of snorers

What To Expect (cont.):

- **Max** - for some of you, it may be necessary to use Max, our product with a higher level of resistance, designed to tackle the toughest snoring
- We are confident that if you stick with it, Theravent can help you reduce your snoring and provide you and those you care about a quieter night's sleep.

Use:

Theravent vented snore strips are intended to reduce or eliminate snoring for adults 18 years of age and older.

WARNINGS

Do not use if you have

- a cold, sinus, or ear infection, or perforated eardrum
- severe breathing problems such as occurs with emphysema
- severe heart problems
- very low blood pressure
- irritated skin around your nose

When using this device you may experience

- dry mouth • breathing discomfort

Stop using this device and ask a doctor if you

- experience an allergic reaction to Theravent snore strip
- are unable to breathe through your mouth
- anxiety or dizziness occur
- develop throat, nasal, sinus, or ear discomfort or an ear infection
- develop a severe nose bleed
- suffer from or experience headaches with use of device
- develop skin or mucosal irritation, rash, sores, or other discomfort

The safety and effectiveness of this device in pregnant women and children under the age of 18 has not been established. If pregnant, ask a health professional before use. Keep out of reach of children.

This product is not intended to treat sleep apnea, which is a serious medical condition. Consult your doctor if you think you may have sleep apnea.

Directions for Use:

- Use Theravent vented snore strips just before you are ready to go to sleep.
- Wash your face with soap and water and dry completely before applying the Theravent vented snore strip. Do not use any creams or ointments or Theravent vented snore strip will not adhere properly.
- Peel off the adhesive backing and use a mirror to help you apply the device.
- Place Theravent vented snore strip over both nostrils so that the hole is in the center of your nose [see diagram in the next column].
- Apply and press to seal. Make sure the edges adhere well. If you need to re-align the Theravent vented snore strip, remove it and reapply.

Directions for Use (cont.):

- You will feel resistance when you breathe out through your nose with your mouth closed. This means the Theravent vented snore strip is working properly. Breathe through your mouth while you are awake.
- Because the device uses the power of your own breathing, do not use if you cannot breathe through your nose or have nasal congestion.
- In the morning or after use, remove Theravent vented snore strip by gently peeling the adhesive off each nostril and dispose in trash. If you have sensitive skin, remove with warm water or while in the shower.
- Use each Theravent vented snore strip only once.

How To Apply Theravent:



1 Peel off Adhesive



2 Align over both nostrils



3 Apply and press to seal



4 Breath through your mouth while awake

Tips For Successful Use

- Many users require several nights to get used to wearing the device.
- You can check the device by plugging the center hole in the device with your finger and gently breathing out. If the device is sealed, you should not feel air escaping around the adhesive. If you have an air leak around the adhesive, gently press down around the device.
- Once you have a proper seal, breathe in and out through your mouth while awake and until you fall asleep. You should naturally switch to nasal breathing and your snoring should be treated.
- If a leak persists, remove device and reapply.

Store at room temperature.

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