

For a quiet night's sleep.

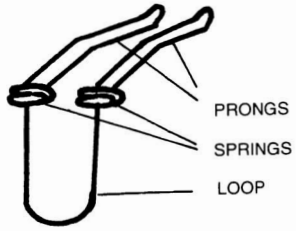
Most snoring results when people breathe through their mouth while asleep. This sound of snoring is caused by vibration of the tissues at the level of the palate/tonsillar area. The Snore-no-More can help you to breathe through your nose by gently opening and supporting the nasal passages. As an added advantage ,the air will be filtered and warmed as it passes through the nose,and this will avoid that dry,raspy throat in the morning.

However,the Snore-no-More does not correct the cause of snoring,even though it may help reduce the noise. You may be able to help yourself by increasing your fitness or losing some weight,as this will tone up your system. On the other hand, the underlying cause may need medical attention. As an example ,if you have sustained a nasal injury at some time in the past,this may be contributing to the blocked effect,resulting in the symptom of snoring.

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INSTRUCTIONS FOR USE

1. Identify the parts



2. Hold the Snore-no-More

Gently hold the device by the springs between index finger & thumbs. The prongs should face you & the loop point downward towards your chin.



3. Insert the prongs

Using both the hands together, insert the prongs into the nostrils, one prong enters each side.



4. Complete the insertion

As the springs enter the nostrils,swing your fingers away from the face. Use the thumbs to insert the springs into the nostrils.



5. The Snore-no-More fitted

The retaining springs MUST fit inside the nose as shown in the diagram. The Snore-no-More should feel comfortable when correctly fitted.

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IMPORTANT

The Snore-no-More should be kept clean using hot water or sterilising liquid. It should be comfortable in use.If you have any problems inserting it or experience any pain,obstruction or discharge you are advised to consult your physician.