

PROVENT[®]

SLEEP APNEA THERAPY

HOW PROVENT THERAPY WORKS

PROVENT Therapy, for obstructive sleep apnea, works by increasing the pressure in the airway, which helps prevent the collapse of the airway while you sleep. That pressure is telling you that the device is working. The feeling of pressure in the airway can be uncomfortable at first.

Relax! That is normal, and it may take time getting used to.

These steps and tips below can help you apply and get used to wearing the device before and during sleep.

5 SIMPLE STEPS TO APPLY THE PROVENT DEVICE

Correct placement of the PROVENT Device is critical.

Just follow the simple steps on the following pages to ensure a good fit:

1 > PEEL

- Grasp the small tab to peel the device off the backing
- Take care not to touch the sticky side of the adhesive

PROVENT Therapy is indicated for the treatment of Obstructive Sleep Apnea. It is a prescription-only device and should only be used after consultation with a physician.

2 > ALIGN

- Using a mirror, align the plastic portion of the device with your nostril to ensure correct placement
- Point the tab on the adhesive up, towards your eye
- Draw your upper lip downward as a man does when he is about to shave
- Line up the adhesive to the outside of each nostril



3 > APPLY

- Apply and press down gently on adhesive to create a seal
- Check to be sure that there are no folds or creases that could let air out
- Repeat on the other side
- Ensure that the edge of each adhesive overlaps the middle line of the nostril area
- Apply the device just prior to going to sleep



TIPS

It is important that you have a clean nostril area before applying the device. If you have 'oily skin,' clean or wash the nostril area so that the device adhesive will stick to the nose. Also, remove all makeup and lotion from the nostril area and dry completely. Those with mustaches may need to trim some of the hair from the area where the upper lip meets the nose and trimming the nose hair is also recommended.

4 > CHECK

- Check for proper fit
- Make sure each nostril is covered with the device
- Ensure that the adhesive doesn't cover the plastic nasal portion in the other nostril
- Run your finger around the edges of the devices to ensure a good seal
- Check that there are no air leaks in the area between the upper lip and the lower, outer nostril



5 > BREATHE

- Notice the increased pressure in your airway
- Relax!
- Use the tips on the following pages to breathe until you fall asleep

WE'RE HERE TO HELP

For any questions or to order additional devices,
please call 1-888-SLP-WELL or 1-888-757-9355.

Nurses are available 24/7 to assist you with questions on
how to apply or get used to wearing PROVENT Therapy.

Please refer to the Instructions for Use located inside
the PROVENT Therapy container for important product
and use information and warnings and precautions.



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Medical, Inc., in the U.S. and other countries. The PROVENT Device is covered by US Patent Number 7,506,649 and other
pending US and foreign patents.

5 STEPS FOR GETTING USED TO WEARING AND USING PROVENT THERAPY

PROVENT Therapy may take some “getting used to”. The device works by making it harder to breathe out through your nose, which helps create the pressure needed to treat your obstructive sleep apnea. It should require several nights of use to feel comfortable breathing with the device. These steps and tips will help you get used to wearing the PROVENT Device before and during sleep.

1 > INHALE

- Inhale through your mouth or through the device - whichever is more comfortable for you to fall asleep



2 > EXHALE

- Notice the resistance when you exhale through your nose. When applied correctly, you will feel this resistance and know the device is working. This is normal.
- You can breathe out through your mouth if that feels more comfortable than breathing out through your nose
- Generally, people switch to nasal breathing once asleep, effectively “turning on” the device



TIP

If you prefer to inhale and exhale through your nose while awake, it is important that you try not to force or push the air out. When exhaling, simply relax and allow the air to exit at its natural rate. And when you feel that you need a breath, breathe in. You may find that taking air in will make you feel better almost immediately.

3 > RELAX

- Do not engage in any activity while wearing the device—just try to fall asleep
- Simply apply the device and go to bed
- Keep a glass of water near your bedside, in case you wake up with a dry mouth

4 > REPEAT

- Take time to get used to wearing PROVENT Therapy

TIP

Getting used to wearing a device that affects your breathing may take time (one night to a week or longer). Remove the device if you wake up during the night and feel uncomfortable. This may happen for several nights until you become used to wearing the device.

PROVENT®
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Stick with it!

5 > COMMIT

- Use all devices provided in the sample pack, if you received one

Remember, it should take a few nights of wearing PROVENT Therapy to get used to it and to see a benefit. Stick with it!



Applying and Getting Used to
Breathing with PROVENT® Therapy

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