

# PROVENT® How to Apply Provent Therapy

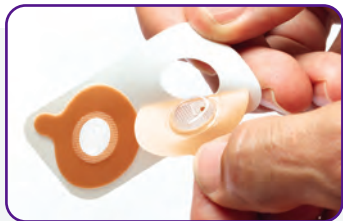
## How Provent Sleep Apnea Therapy Works

Provent uses the power of your own breathing to create nasal Expiratory Positive Airway Pressure (EPAP) to keep your airway open and treat Obstructive Sleep Apnea. EPAP is something you can feel and it may seem awkward at first; don't worry, your body will adjust.

## How to Apply the Provent Nasal Device

Follow the steps below to apply and get used to wearing Provent before and during sleep. Correct placement of the Provent nasal device is critical. We recommend using a mirror.

### 1 PREPARE



- Clean and dry the area around your nostrils. Do not put any lotion on your nostril area.
- Grasp the small side tab on the Provent Nasal Device and gently peel it off the backing.

### 2 ALIGN



- Stretch your upper lip downward as if shaving
- Align the long axis of the nasal insert with the long axis of your nostril to ensure a good seal.
- **Note:** Provent Nasal Devices can be fitted to either nostril; just make sure the small side tab points outward as shown

### 3 APPLY



- Once aligned, gently place the nasal insert into the nostril and press the adhesive onto your nose
- Make sure there are no folds or creases that could create a leak
- Run your finger around the adhesive to ensure a good seal
- Repeat on the other side

### 4 CHECK



- Check for a proper fit, making sure the device covers, and is comfortably centered within, each nostril
- Ensure that the adhesive portion of one device doesn't cover the mesh portion of the other (adhesive portions may overlap)
- Cover the mesh of both nasal inserts with your fingers and gently exhale through your nose to confirm the seal. You should not feel air escaping around the edges of the device

### 5 BREATHE



- **Relax!**
- Breathe out through your mouth until you fall asleep

**TIP:** Put the devices on just before going to sleep. Breathe out through your mouth. After falling asleep most people will automatically breathe through their nose.

# PROVENT® 5 Steps To Help Get Used to Provent Therapy

## Know What to Expect

Provent Therapy can make you feel like it's harder to breathe out. To experience what this may feel like, pinch the bridge of your nose with your fingers and try breathing out. This is what Provent Therapy will feel like at first. **It may be a little different, but you'll get used to it.**

## Give Yourself the Time You Need to Get Used to Provent

It may take up to a week or more to adjust to Provent Therapy. In fact, wearing the device may feel uncomfortable for the first few nights. These tips will help you get used to wearing Provent before and during sleep:

### 1 INHALE



- Inhale through your mouth or through the Provent Nasal Device — whichever makes it more comfortable to fall asleep

### 2 EXHALE



- Briefly try breathing out through your nose. You should notice resistance, this is normal and means the device is working
- Until you fall asleep, breathe out through your mouth (not through the device). This should be more comfortable than breathing through your nose
- Most people will switch to nasal breathing once asleep, effectively "turning on" the device

### 3 RELAX



- Put on Provent right before bed and breathe out through your mouth as you fall asleep
- Do not engage in any activity while wearing the Provent Nasal Device — just try to fall asleep
- 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
- If you wake up feeling uncomfortable during the night, take the device off and try again tomorrow
- Some people adjust to Provent Therapy right away; others need more time. It may take a week or more to get used to sleeping with the device

### 5 COMMIT



- Use all devices provided in your first pack
- Obstructive Sleep Apnea is a chronic condition that requires treatment every night, so make Provent Therapy a part of your bedtime routine
- Although it may take time to get used to wearing Provent Therapy, consider the positive benefits of treatment

**REMEMBER:** Obstructive Sleep Apnea is a serious condition. Though it may take time to get used to Provent Therapy, continued use of Provent can be an important step towards better health.

For complete information, instructions, warnings, and precautions about the use of Provent Sleep Apnea Therapy please refer to the Instructions for Use inside your Provent Therapy package.

We're Here to Help. Call 1-888-SLP-WELL