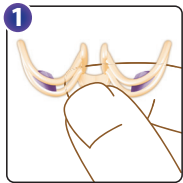
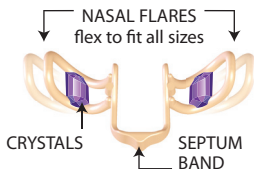


DIRECTIONS

Before each use:

- Clean your nasal passages to maximize airflow if desired. Blowing your nose and nasal irrigation may work well.
- Wash your hands.
- Wash your sleep inhaler using cool water for initial cleaning and for fitting lubrication. **Avoid hot water.**

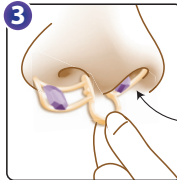


Hold the septum band so the nasal flares form the letter *W*.

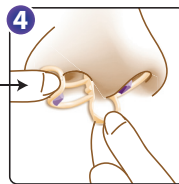
NOTE: You may prefer to insert your sleep inhaler in the opposite way so the nasal flares form the letter *M*.

You may shape the ends of the nasal flares by gently curling them inward, if more comfort is needed.

NOTE: The septum band can also be formed for more comfort.



While looking in a mirror, insert one nasal flare into a nostril by tipping the nasal flare in first.

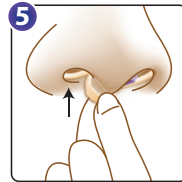


Then use your index finger on the other hand to compress the second nasal flare into the other nostril.



While holding the septum band, adjust the sleep inhaler into a **snug position** with the nasal flares resting just inside the **lower cuffs** of your nostrils.

NOTE: It is normal for the septum band to hang below your nose.



CARE & CLEANING

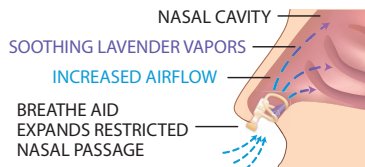
Rinse with cool water and dry thoroughly after each use. **Avoid hot water.** Cleaning will not reduce the lavender action. It will last up to 10 days/nights after opening. **Store in the case while not in use to maximize the lavender life span.** Do not tamper with, or try to remove the crystals. Stop use and replace if you notice breakage or weakening.

HOW IT WORKS

Delivers sustained release lavender while compressed nasal flares gently expand your nasal passages to open airways.

HELPFUL HINTS

- **Proper placement is essential for performance and comfort.** (see fig. 5)
- As your sleep inhaler conforms to your nose, you may feel a light pressure or tickle, which quickly subsides.
- As with other products such as new shoes, contact lenses, etc; it is natural to feel tenderness initially. Please be patient during this 1-2 week adjustment period. If necessary, delay use to alleviate discomfort. Resume use after a 24-hr rest period.
- After removal, you may continue to feel increased airflow for 15-30 minutes.
- The lavender crystal scent is safe and natural. It was formulated to suit the varying tolerances of our customers.
- You may experience olfactory fatigue. The lavender scent may not be noticeable after prolonged day/night use, but it is still present up to 10 days.
- Stimulants may diminish the effects of lavender.



CRYSTAL'S AROMATIC INGREDIENT: Lavender. **STORAGE:** Store at room temperature. Avoid excessive heat.

CAUTION: Carefully read, understand and follow directions before use. Using this product other than directed may cause breakage or serious injury. As with all intra-nasal devices, there are inherent risk factors associated with using them. You should proceed with extreme caution while using this product and regularly examine it before and after each use for any defect that may present a potential health hazard. Avoid extreme temperatures. Do not tamper with, or attempt to remove the crystals. Discontinue use if breakage occurs, if the crystals have become loose, or if you have skin or mucosal irritation. Consult your physician before use, especially if you have had surgery or a medical condition relating to the nose, sleep apnea, asthma, immune deficiency, serious respiratory or heart problems; have sensitivity to lavender; or if you are pregnant or breastfeeding. Seek medical attention for abnormal breathing patterns during sleep, daytime sleepiness or difficulty breathing. Do not use for more than 12 hours in a 24 hour period. Not for use if under the age of 18. Persons under the age of 18 must consult a doctor before use. Keep out of reach of children.

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- Deviated septum

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U.S. Pats: #7,055,523, #7,461,651, #D652,143, #8,048,102, #8,491,622

Not made with natural rubber latex.

This product is manufactured in an FDA inspected facility.

