

HUPNOS 2020 FAQ

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What is the Hupnos mask?

Congratulations on getting a Hupnos! You are at the start of a health journey to eliminate your snoring, improve your sleep, and revitalize your life.

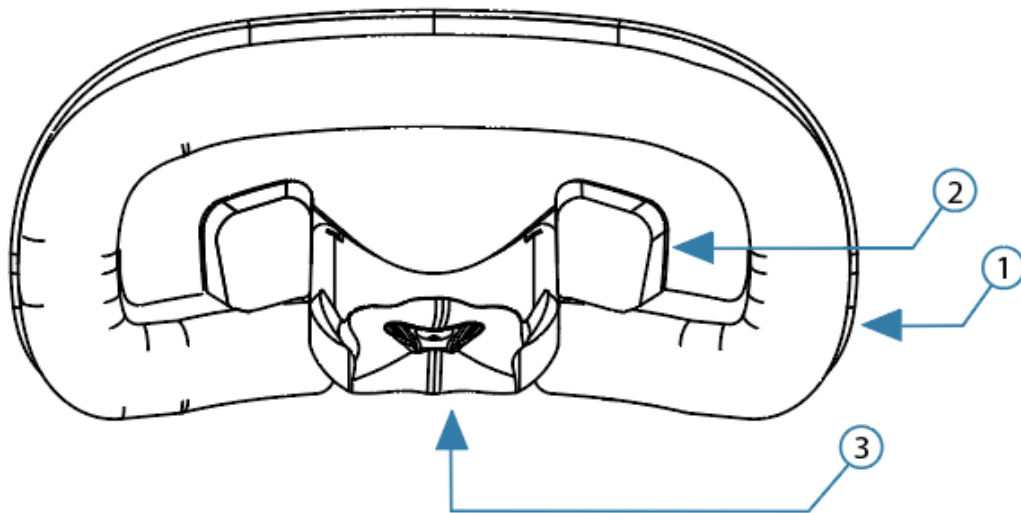
The Hupnos mask is a 'smart-wearable' eye mask, a swiss-army knife for snoring, and a sleep tracker. With the companion app, Hupnos will monitor your sleep position and breathing. When the app detects you snoring, it will correct the issue by either nudging you to change position or changing your exhalation with our EPAP module.

What is the goal of using the Hupnos mask?

The goal of Hupnos is to stop you from snoring, which interrupts sleep for you and others. By improving your body posture and breathing, we can reduce the factors that lead to airway obstruction and snoring.

What are the physical features of the Hupnos mask?

The mask has three distinct components: The soft outer mask (1), the hard plastic frame inside (2), and the soft silicone EPAP cushion attached to the frame (3). At the bottom of the cushion are two one-way valves. The nosepiece and valves all remove easily from the plastic frame for cleaning.



SETUP

How long does it take to setup the Hupnos mask?

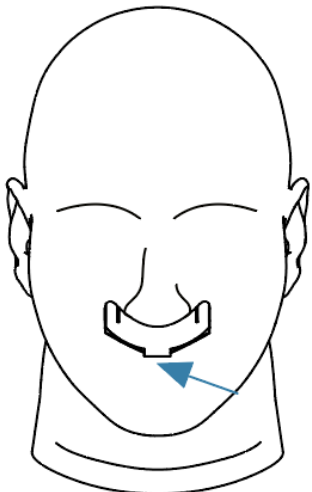
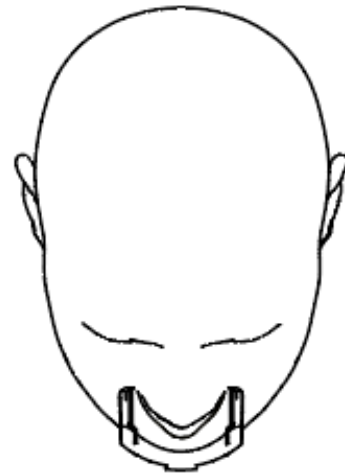
Many Hupnos Sleep Mask users find that achieving comfort wearing the mask is a process, similar to having to wear and wash a pair of jeans before they become comfortable to wear. Most find that this process happens relatively quickly, while others find that it may take a few days or even a couple of weeks. We have generated some helpful guides and instructions on the process of setting up your Hupnos Sleep mask for comfort and performance. These are available at <https://hupnos.store/pages/getstarted>

We encourage all users to reach out to hello@hupnos.com if there are questions on how to fit the mask for ultimate comfort.

How does the nosepiece work?

The nosepiece has 3 flow ports on the bottom and a soft membrane on the top. As you breathe through the Hupnos sleep mask, the valves on the bottom regulate the flow of air and the membrane on top seals against your nose. The membrane has a recess, which you can use to position your nose.

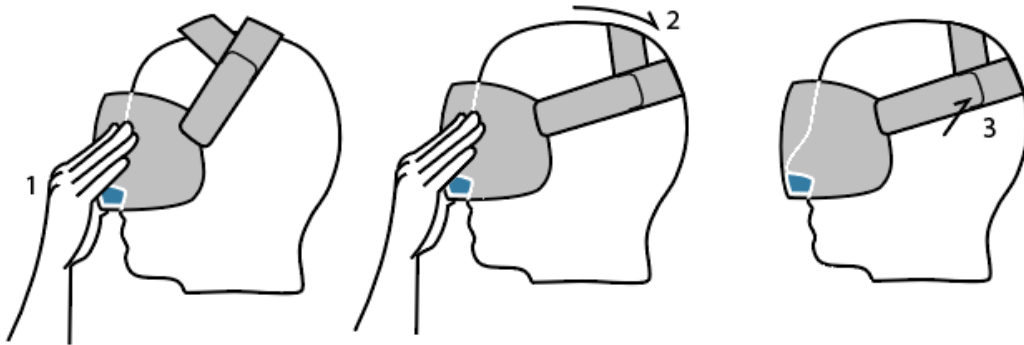
Notice how the soft and balloon-like the membrane on top is. This membrane expands as you exhale and seals around the bottom of your nose. When you inhale, the membrane will partially lose its seal. It is okay for the membrane to move away from your nostrils when you stop exhaling. In fact, this is typically the most comfortable way to use the nosepiece.



Test the seal of the nose cushion against your nose by partially blocking the exit port at the bottom-center. You will feel a restriction that is proportional to how blocked the exit port is. You should be able to breathe in freely regardless of the restriction.

How do I adjust the straps on the mask?

To fit the mask, place the soft silicone piece below your nostril so you can breathe freely. Hold the mask in place with one hand, and then pull the strap over your head. Finally, adjust the Velcro for a secure fit.



Cleaning

Like anything else you wear for an extended time, the Hupnos mask needs periodic cleaning. The Hupnos mask has been designed to disassemble into separate pieces, so that each can be conveniently washed in the appropriate way. Before cleaning any of the parts, you should separate the outer shell, the plastic frame, and the silicone EPAP cushion.

The outer shell is built with moisture wicking sport material, and should be spot cleaned when possible or machine-washed on cool.

The plastic frame houses the battery and actuators for the mask, so it should only be cleaned with a slightly damp towel.

The silicone cushion should be separated from the paired check-valves at the bottom, and then cleaned thoroughly in the dishwasher or by hand. The check-valves should be flushed under running tap water and left to air dry in the meantime. Do not mechanically wash the valves.

About EPAP

Expiratory Positive Airway Pressure (EPAP) is a method of restricting exhaled air that helps maintain open airways during the entire breathing cycle. Improving airway structure reduces snoring and breathing disruptions.

You may have noticed that EPAP looks similar to CPAP or Bi-PAP. Both of these devices are used to treat more serious breathing disorders, especially sleep apnea. CPAP and Bi-PAP are powered devices that blow air, often through a mask, to directly assist with inhalation. By comparison, EPAP uses a passive mechanism to treat less serious snoring.