



FREQUENTLY ASKED QUESTIONS

What is NED?

Answer:

NED is the name of a patent pending anti-snoring device. It stands for “Nasal EPAP Dilator” which is the technology it uses to produce its unprecedented results!

Does NED work?

Answer:

Our customers have experienced incredible results. We encourage customers to use Snore Recording Apps to see for themselves just how effective NED is.

Is NED comfortable?

Answer:

NED was designed on the cornerstone of comfort and effectiveness. Its soft silicone reinforced with foam is gentle on the nose.

But it's important to know: **NED can take several nights to get accustomed to.**

Part of its revolutionary technology is called EPAP (Expiratory Positive Air Pressure).

What this means is that when you exhale out of your nose, you will feel resistance. This is good! This means it is working!

But this back pressure tends to take a couple nights to get used to. After a few nights, the slight resistance against exhalation becomes very comfortable and natural, like a deep slow breath.

When first using NED, some people find it helpful to wear for 20-30 minutes before bed to get familiarized with the slight resistance to exhalation.

Other people find it helpful to go to sleep breathing through their mouth. The body naturally will start nasal breathing once asleep.

We understand the frustrations people experience with other products. Things like mouth guards, tongue depressors, chin straps, and even C-PAP machines can be quite uncomfortable. But we're sure that after a few nights of sleeping with NED you'll wonder how you slept without him.

Is NED reusable?

Answer:

Yes. Unlike other snore options that have to be thrown away after each use, NED is reusable. In order to maintain optimal device performance, comfort, fit and





cleanliness, it is recommended that NED is replaced every three-months.

How do I clean it?

Answer:

Wash NED thoroughly in warm water with mild soapy water and a soft brush. Dry and store it at room temperature, out of direct sunlight.

What if NED falls out during the night?

Answer:

The NED Device may fall out of the nose some nights.

There are 3 common scenarios:

1. Most commonly, the NED Device falls out as a result of accidentally knocking it out with your arm or hand while shifting in bed.
2. When 1st using NED, some people unconsciously remove it because it is a new sensation. Over time the body gets accustomed to this sensation.
3. You may need a different size. If it's too small or too large it can increase the likelihood of falling out.

If the NED Device consistently falls out, you may need to use the strap which will secure it in place.

Here's more about the NED Strap:

What is the NED Strap for?

Answer:

NED is designed with the option to use it with a strap. For "active sleepers, who tend to roll around, the strap can help secure the device in place.

Most people do not use or need the strap.

Does NED require any other accessories?

Answer:

No, the NED device consists of a pair of nasal dilators that are reusable. We recommend a three-month reusable cycle (before disposing). A strap can be purchased and attached to the device and used as an additional accessory to secure the device in the nose.





What if I'm a mouth breather?

Answer:

Inherent in NED's design is "dilation" which increases the cross-sectional area of the nasal cavity while preventing collapse of this area. The collapse of this nasal passage is often what causes mouth breathing. NED defends against this.

We believe NED's ability to improve nasal breathing will significantly reduce or eliminate mouth breathing, and thus, not only reduce snoring but improve your sleep.

How does NED work again?

Answer:

NED stands for: Nasal EPAP Dilator.

It is a nasal dilator which improves one's ability to inhale. It is combined with EPAP technology to prevent the narrowing of the airway that leads to snoring. EPAP stands for: Expiratory Positive Air Pressure, which means when you breathe out, the flap design of NED creates intra-nasal turbulence and positive pressure that dilates the airway, preventing collapse.

The Technology

The invention of dilation plus EPAP technology is the breakthrough at the heart of the NED device.

N-E-D

Nasal = the device fits comfortably in your nose

EPAP = Expiratory Positive Air Pressure = using your own breath to help keep the airway open

Dilator = increasing the cross-sectional area of nasal passage, improving inhalation, preventing nasal restriction and collapsing

The result is a small, comfortable anti-snoring device which allows snorers and sleep partners to again sleep in the same room while also providing both with a well-deserved restful night's sleep.

What size should I order?

Answer:

The medium size fits most men and the small size fits most women. However, nose sizes can vary considerably, and you may need a size or two up or down.

If this is your first time trying NED and you are unsure of what size to go with, men should order a medium and women a small. If you know your nostril size is a bit larger or smaller than average, then go ahead and order what you think would work best. If you need a different size, we will be happy to replace it for you. Once you know your size, you'll be set for all future orders.

It's important to use the right size.





Too small a size and the device can fall out at night.

Too large a size and it might not be as comfortable as it could be.

The device should feel like it is snug in your nostrils and slightly stretching/expanding them.

How long will it take to start working?

Answer:

The NED Device will start working on the 1st night! Just ask your bedtime partner.

It may take a couple of night to get used to wearing though.

You'll know it's working if you can breathe in freely but feel a slight resistance when you exhale, forcing you to slow your breathing rate. This is the technology at work!

Will NED give me more energy during the day?

Answer:

Snoring can interrupt sleep, both the snorer's and the bedtime partner's sleep.

Interruptions in the natural 90-minute sleep cycle stops you from reaching your deepest phases of sleep as well as the ever-important REM sleep.

These interruptions can impair physical and mental recovery that happens at night.

By sleeping with NED every night and improving your sleep quality you may experience substantial improvements in performance, health, and cognition including more energy during the day and improvements in mood, concentration and memory.

What is NED made of?

Answer:

The NED Device is made from ultra-comfortable silicon and silicone foam to ensure the most comfortable fit possible.

What if I'm still snoring?

Answer:

The vast majority of people see a significant reduction in snoring using the NED Device.

On a snoring scale from 1 – 10 most people experience a 5 -7 point reduction in snoring loudness. This means that for the loudest snorers their snoring may be reduced to a 2 – 5 out of 10.

On some occasions when further snoring reduction is needed a NED Device with more backpressure can further reduce the snoring.

