



FAQ and Getting Started

How do I get started with NED?

We recommend watching the “*Getting Started*” (NED Use Instructions) video on the NED website:

<https://ned.rest>

How do I put it in?

Simply insert the tubes (the “dilators”) into your nose. Either tube can go in either nostril. It’s “reversible.”

It is helpful to **rinse the tubes under water**, which provides lubrication for NED to slide in more easily.

What is NED?

NED is an anti-snoring device. It stands for “Nasal EPAP Dilator” which is the patented technology it uses to silence snoring.

How does NED work?

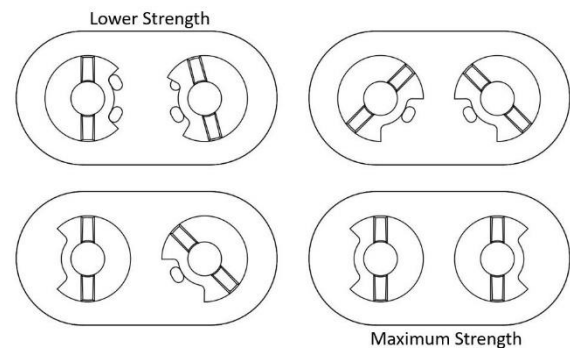
NED works via a dual function:

1. **Dilation:** NED is a nasal dilator which improves your ability to breathe in through your nose.
2. **EPAP:** It is combined with EPAP technology (Expiratory Positive Air Pressure). So, when you breathe out through your nose there is a positive pressure that slows exhalation keeping the airway open which silences snoring. It is shown to be safe and effective.

The NED Dial enables you to tailor the EPAP strengths for different levels of snoring and comfort.

The NED Dial

On the bottom of each NED, you’ll see a dial and holes. You can turn the dial to cover more / fewer holes. The more holes covered, the stronger the EPAP, and the stronger the anti-snoring strength. For example, if you cover all the holes, that is the maximum strength; cover none of the holes and that is the lightest anti-snore strength; partially / completely cover the other holes provides varying levels of EPAP and anti-snoring strengths:



How do I determine the dial position?

Start with a dial position in a “lower” to “medium” strength position to get accustomed to the slower exhalation.

Adjust the dial as needed over the course of the first few nights until you find the **perfect combination** of exhalation comfort and snore reduction.

Ideal dial position is very individual. For some people, the dial position with all the holes open is ideal, for others, partially / completely blocking some or all the holes is best.

How do I know if NED is working?

If you feel backpressure / resistance when you breathe out that creates a long slow exhalation, that’s a good sign NED is working.

If you have a bedtime partner, often they will let you know too.

You can download a Snore Recording App on a smartphone to record your snoring. **Compare your snore recordings without and with NED and with various dial positions.**

By the way, we love to see these results, so if you don’t mind sharing, email them to ned@ned.rest or tag us on social media!

What about comfort?

NED was designed on the cornerstone of comfort and effectiveness. It is made of soft silicone that is gentle on the nose.

Even with soft silicone, NED can take several nights to get accustomed to.

The EPAP backpressure results in a slow, deep exhalation that can take a couple nights to get comfortable with. After a few nights, the slow exhalations become comfortable and natural.





When first using NED, some people find it helpful to wear for 15-30 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 will naturally start nasal breathing once asleep.

Some soreness is common when sleeping with NED the first few nights. If you wake up during the night with soreness, simply remove NED and try again the next night. After a few nights, the soreness will abate.

If soreness continues, it often means you need a smaller size.

Is NED reusable?

Yes. NED is reusable. To maintain optimal device performance, comfort, fit and cleanliness, it is recommended that NED is replaced every 3-6 months.

How do I clean it?

Wash NED with warm water and mild soap. Let NED air dry and store at room temperature, out of direct sunlight and out of the reach of pets.

What if NED falls out during the night?

There are 3 main causes for NED falling out:

1. When 1st using NED, you may unconsciously remove it as it's a new sensation for the body. Once the body gets accustomed to sleeping with NED, this often stops.
2. If the NED Device is too small, it may fall out. We recommend most people to start with the **Trial Pack**. The correct size will cause a slight expansion of the nostrils which anchors the device in the nose.
3. Active sleepers can have a tendency to knock NED out of the nose. Some people will need to use the head strap to prevent NED from falling out.

How do I use the Head Strap?

Most people do not need to use the head strap. However, for active sleepers, the head strap can help anchor the device and prevent it from falling out.

To use the head strap:

Insert the NED Device in the nose. Then align the frame around the base of the NED Device. Then put the strap around your head, which will securely hold the NED Device in place.

What if I'm a mouth breather?

Inherent in NED's design is "dilation" which helps remove the constrictions that lead to mouth breathing.

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

If you find you are still breathing through your mouth with NED, it may indicate you need to use a larger size that will open the nasal passages further to facilitate nasal breathing.

What size should I order?

We recommend most people start with a **Trial Pack**.

The device should feel snug in your nostrils and slightly stretching/expanding them. You should be able to see this expansion visually in a mirror.

In most cases two different sizes will fit. It can be helpful to start with the smaller of these two sizes to get accustomed to sleeping with NED (even though it may not maximize the benefits of nasal dilation and may have a greater tendency to fall out). Then as you get comfortable with NED, try moving up a larger size which will improve nasal breathing as well as anchor the device in the nose more effectively. If you start with the bigger of the two sizes, you may have more soreness when first starting.

Will NED give me more energy during the day?

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 if I'm still snoring?

If you continue to snore with the NED Device, turn the dial to cover more holes. This will increase the EPAP strength and reduce snoring. It's important to remember that as you cover more holes it can take more time to get accustomed to the slower exhalation speeds.

