



FREQUENTLY ASKED QUESTIONS

What is NED?

Answer:

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

How does NED work?

Answer:

NED has a dual function.

1. NED is a nasal dilator which improves one’s ability to inhale.
2. It is combined with EPAP technology, which means when you breathe out, the NED Device creates positive pressure that prevents the airway from collapsing and stops snoring.

NED comes with a **proprietary 3-Valve Cover System** (that provide different levels of EPAP) for light, medium and loud snoring.

3-Valve Cover System

- **6 Holes** = Light Snoring
- **4 Holes** = Medium Snoring
- **2 Holes** = Maximum Strength for Loud Snoring

How do I know if NED is working?

Answer:

Often the best way is to ask a bedtime partner. You can also use Snore Recording Apps to see for yourself just how effective NED is. If you feel backpressure / resistance when you breathe out that creates a long slow exhalation, that’s a good sign it’s working.

What about comfort?

Answer:

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

It's important to know: NED can take several nights to get accustomed to.

The EPAP backpressure resulting in slow, deep exhalation can take a couple nights to get used to. After a few nights, the slight resistance against exhalation becomes comfortable and natural.

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.

Is NED reusable?

Answer:

Yes. Unlike other snore options that must 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 3-6 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 potential reasons:

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 is too small or too large it can increase the likelihood of falling out.

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 fixes this.

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

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.

It is common to be sore for the first few days.

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 if I'm still snoring?

Answer:

Most 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.

NED is designed to be tailored to different levels of snoring via its **3-Valve Cover System**.

- If you are still snoring using the 6-hole valve cover, then move to the 4-hole valve.
- If you are still snoring using the 4-hole valve cover, then move to the 2-hole valve
- If you are still snoring using the 2-hole valve cover, **just let us know and we can custom make an even stronger one for you.**

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