

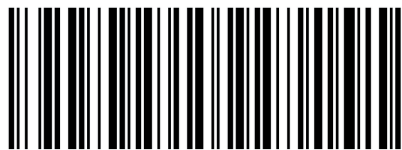


Our journey started in 2020 with an idea to help the estimated 1 billion people suffering from sleep-disordered breathing.

There is **an airway epidemic impacting the overall physical and mental health of our children.** Modern diets consisting of soft foods have led to underdeveloped jaws and weak muscles, resulting in smaller and less efficient airways.

Inspired by a digeridoo study and backed by myofunctional therapy research, the patented REMplenish Jr Myo-Nozzle was designed especially for children to strengthen the tongue and airway.

Join us on our mission to spread airway health awareness and eliminate preventable airway health issues!



MYO-BTL-C1

REMastered Sleep LLC, Eagan, MN
Date of Manufacture 2023

Thank you for choosing REMplenish Jr™

Your child's journey to a stronger airway starts now!



Designed especially for children 3-9 years of age. REMplenish Jr strengthens the tongue, a key component for optimal growth and development.



Connecting the Dots

For Growth and Development

When children are unable to breathe well at night, their quantity and quality of sleep suffers. Sleep deprived children exhibit symptoms that are often unrecognized and not treated as issues related to breathing and sleep. Early intervention is critical in the growth years.

REMplenish Jr provides an easy form of exercise therapy to reinforce proper tongue-up position which supports nasal breathing, impacts speech, helps strengthen the airway, and is a critical component of optimal facial growth and development. Using REMplenish Jr can put your child on a path to a healthier and happier life.

Proper Tongue Function, Improved Breathing & Sleep

- Strengthens the tongue to improve tongue-up posture
- Promotes nasal breathing
- Allows for improved nighttime breathing
- Reinforces a healthy swallow pattern
- Supports speech therapy goals

Leads To

- Increased quantity and quality of sleep
- Better mood and behavior
- Improved growth and development
- Physical and mental health improvements



WELCOME TO THE REMASTERED SLEEP FAMILY!

Scan this QR code to register your REMplenish Jr and to get additional tips, promotions and updates.



For best results consider working with a myofunctional or speech therapist



**Myo-Nozzle Plastic Bottle Kit
Age 3-9**

**SLEEP MORE
LIVE BETTER**

**The Power
is in the
Nozzle**



REMplenish Jr™

To promote correct use, identifying where to place the tongue in the mouth is an important step for correct swallow function. Before using REMplenish Jr, make sure your child knows where their tongue should be touching and pressing when they swallow.

Finding the spot can be easy! Without the nozzle in the mouth, have your child press the tip of their tongue lightly to the roof of their mouth, right behind the top front teeth, **but not touching the teeth**. It can be helpful to say the letter "N". This is "the spot" where a proper swallow starts. Now have them try to swallow without moving their tongue off "the spot." **This is the proper swallow form** (see diagram for "the spot").

Important: If your child struggles with proper swallow form, you may wish to consult with a speech language pathologist or a myofunctional therapist.

Healthy Best Practices for Maximizing Benefits:

Tongue-Up Posture: encourage your child to keep their whole tongue (front and back) lightly suctioned to the roof of their mouth day and night.

Nasal Breathe & Lip Seal: remind your child to breathe through their nose (not mouth) and keep their lips lightly sealed when not eating or talking.



Place lips up to here but not past

TEXTURED BUMPS
For tongue location and sensory feedback

REMplenish Jr Myo-Nozzle Bottle Kit

ASSEMBLY & CARE

- 1 Insert the Myo-Nozzle into the lid until it snaps securely
- 2 Insert straw into nozzle firmly
- 3 Screw the lid onto the bottle
*Nozzle will bend when cap is closed-this is normal



NOZZLE CARE

Medical grade silicone
Use caution not to push cleaning brush through the tip of the nozzle

BPA-FREE PLASTIC

TOP RACK DISHWASHER SAFE

For best results, hand wash weekly or as needed in warm soapy water
Wash before use



01. Guiding your child to use REMplenish Jr

1 LET YOUR CHILD TRY IT

Drinking with REMplenish Jr is based on a natural motion that most children can do with little to no instruction. However, it can take a few tries to get used to it. Have them keep practicing.

2 YOUR CHILD IS ON THE RIGHT TRACK

If they are getting water through the nozzle. Your child should be keeping the tip of their tongue touching the nozzle against "the spot." The middle and the back of the tongue will be lowering and raising to the roof of the mouth as they swallow.

3 WATCH ANIMATION VIDEO

Watching our animation video can help with understanding the tongue motion.



SCAN QR CODE TO WATCH

If you'd like additional assistance submit a help request here.

02. Its as easy as 1,2,3,4

1 HEAD UP

2 TONGUE TO SPOT

3 PUSH THE NOZZLE TO THE ROOF OF THE MOUTH WITH YOUR TONGUE

4 SWALLOW & REPEAT

HELPFUL TIPS

- The **tongue** should be pressing to the roof of the mouth to draw the water up the straw
- **Avoid sucking** in with the cheeks like you would with a typical straw
- Avoid forward movement or jutting of the chin while drinking
- The face should **remain relaxed** with **minimal movement** while the tongue does the work
- Remind your child not to bite or chew on the nozzle

03. Recommended Use

DRINK

1-2 bottles of water daily at least 5 days a week

LIQUID

Drink room temperature or cold water only

START SLOW

Drink 1 bottle daily the first week, gradually increase to 2 bottles daily

MUSCLE SORENESS

Decrease use if your child complains of a sore tongue or throat, gradually increase use as soreness subsides

LONG TERM USE

Consistent ongoing use of REMplenish Jr will provide best results

The best compliment is recommending REMplenish Jr to others!



04. Risks & Disclaimers

Choking Hazard

NOT RECOMMENDED FOR CHILDREN UNDER 3 YEARS OF AGE

Monitor for Wear

If your child chews on the nozzle it may change the size of the opening at the end of the nozzle rendering it ineffective.

Allergic Reaction

Do not use if allergic to silicone.

Obstructive Sleep Apnea (OSA) is a serious condition caused by the **collapse of the upper airway during sleep and may interrupt breathing.**

If you suspect your child may have OSA, we strongly recommend that you consult with a physician and seek additional treatment options.

When starting any therapy or exercise program results may vary due to correct usage, consistency of use and other factors such as: a tongue restriction*, low muscle control or a high narrow palate.

***If you suspect your child has a tongue restriction, an evaluation with a speech or myofunctional therapist is recommended.**