

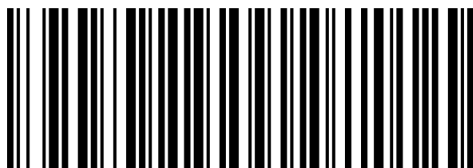


Our journey started in 2020 with an idea to help the estimated 1 billion people who snore and suffer from sleep-disordered breathing.

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 REMplenish Myo-Nozzle was invented to strengthen the tongue and throat muscles using passive exercise.

Using science and exercise to breathe and sleep better



MYO-STW-A2

Thank you for choosing REMplenish™

Your journey to a stronger airway starts now!



The REMplenish Myo-Nozzle makes it easy to strengthen your airway by exercising the muscles of the tongue, throat and neck.

Benefits of a stronger airway

1 Reduced Snoring

- Tightened and toned throat muscles can reduce vibration noise
- Improved tongue strength lowering the risk of it blocking the airway at night
- Improved bed partner's sleep quality (they often suffer from second hand snoring)

2 Improved Sleep

- Better quality of sleep - wake up feeling rested
- More quantity of sleep - less tossing and turning
- Less waking up at night to adjust or use the bathroom
- Reduction in morning headaches or brain fog
- Overall mind and body health improvement

3 Myofunctional Therapy Support

- Improved tongue posture - front and back of tongue up
- An Increase in nasal breathing by improving tongue posture
- Healthy swallow pattern reinforcement
- Toning and tightening of the jawline improving physical appearance
- Speech therapy support

For best results work with a Myofunctional or Speech Therapist



WELCOME TO THE REMASTERED SLEEP FAMILY!

SCAN THIS QR CODE TO REGISTER!

Be included in our airway survey, receive additional tips, promotions and updates.



**SNORE LESS
SLEEP MORE
LIVE BETTER**

The **Power** is in the **Nozzle**

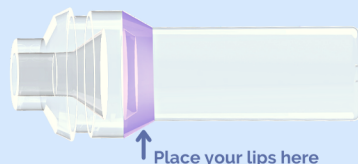


Before you begin, it's important to understand proper swallow form

Without the nozzle, press the tip of your tongue lightly to the roof of your mouth, approx. ¼" behind the top front teeth but not touching the teeth. This is **"the spot"** where a proper swallow is initiated. Now attempt to swallow without moving your tongue off **"the spot"**. This creates a wave-like motion of the tongue to propel food and liquid down the throat. **This is the proper swallow form** (see diagram for "the spot")

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

Place your lips on the nozzle stopping where the nozzle gets wider. **NOT** past the purple section on the diagram. Lightly close your lips around the nozzle keeping your head upright.



REMplenish Myo-Nozzle



01. Drinking Water with REMplenish

STEP

1 TONGUE SUCTION

Drawing water into the mouth

Keep the tip of the tongue anchored to "the spot" while lowering the middle of the tongue to draw in water. You should feel a downward suction with the tongue in the shape of a spoon. **DO NOT SUCK IN WITH YOUR CHEEKS**

STEP

2 TONGUE PRESS

Pressing the tongue to swallow

Flatten the nozzle against the roof of mouth continuing to keep your tongue tip pressed toward "the spot"

STEP

3 SWALLOW

Swallow liquid right after tongue press

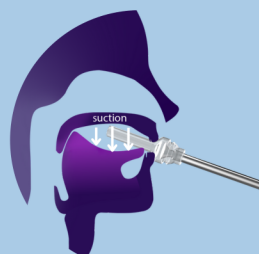
Start with small amounts of liquid as you learn the proper movements. It may take a few times to get it right.

REPEAT THE ABOVE EXERCISE 4-6TIMES

Make sure your tongue is pumping up and down (not front to back). The jaw can have small up and down movement, but your tongue should do most of the work

02. Tongue Suction & Press Visual

STEP 1 TONGUE SUCTION



STEP 2 TONGUE PRESS



SCAN THIS QR CODE FOR ADDITIONAL RESOURCES

View a 3D animation video and find helpful tips Submit a help request if you need assistance

www.remasteredsleep.com/pages/proper-use-of-remplenish

03. Recommended Use

- DRINK**
25-60 oz of water daily
- 5 days per week
- LIQUID**
drink room temperature or cold water only
- START SLOW**
drink 25 oz daily the first week, gradually increase to 60 oz per day
- MUSCLE SORENESS**
decrease use if soreness occurs, then increase use as soreness subsides
- RESULTS-ONE-MONTH**
many users begin to see results within a month of regular use
- SIX MONTHS**
typically improvements level off at 6 months
- LONG TERM USE**
once satisfied, drink a minimum of 25 oz twice weekly to maintain results

The best compliment is recommending REMplenish to others!



04. Risks & Disclaimers

Choking Hazard NOT RECOMMENDED FOR CHILDREN UNDER 3 YEARS OF AGE without adult supervision.

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**. It occurs when the muscles supporting the soft tissues in the throat, such as the tongue and soft palate, relax. This causes the airway to narrow or even close, momentarily cutting off breathing.

If you suspect that you 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.

*An evaluation with a speech or myofunctional therapist is recommended.