



The Best Solutions for Snoring

Since there are so many different types of snoring solutions out on the market today, we understand things can get confusing. So we reviewed and evaluated the leading types of devices on the market today and have selected only the best devices to include in our Snore Bag.

The Solution that's best for you may be any one of the devices, or may be a combination such as chin strap with a nose dilator, or chin strap with the tongue retainer. **Let's explore and find what works!**

What's in Your Bag?



Nasal Dilators

Designed to strengthen and expand the nasal passage, and maximize air flow. Includes four sizes.



Tongue Retainer

Soft silicone creates gentle suction around the tongue, which holds it in place to help prevent blocked airways and snoring.



Chin Strap

Repositioning the jaw forward and closes mouth to increase air flow.



Nasal Filter

Purifies air and maximizes airflow through the nasal passage ways.

Nasal Dilator



Nasal dilators maximize airflow through the nasal passage that stop snoring all together. It's designed to strengthen and expand the nasal passage, and maximize the air that flows in while providing a warm, comfortable feeling and is virtually invisible to outsiders.

To ensure you get the right fit for you, we offer two styles that stiffen and retain the mold of your nose wall. They are made from enhanced medical grade silicon, making this solution the most comfortable anti snoring nasal dilator on the market.



TIP

Crank the humidifier or essential oil diffuser up throughout the night. Extra humidity (even while healthy) for your sinuses make the nose dilators and the tongue retainer more comfortable especially during the "dry" (Winter) season.

Chin Strap

The Chin strap is near instant remedy for some snorers. It works by eliminating snoring by simply holding the chin up and keeping your mouth closed. Like a mouthpiece it works by repositioning the jaw and opens up the nasal airway for airflow.

Most users find it less intrusive and hard to get used to as a mouthpiece. Using a chinstrap with either a nose dilator or mouthpiece together often yields tremendous success.

To fit your chin strap, adjust the two velcro straps so it feels comfortable and performs to its full potential. Do this

by making sure that it's not so tight that it causes discomfort, and not so loose as to become totally ineffective. If it is too loose it will slip off with minimal movement and allow your mouth to fall open – rendering it useless. If it is too tight it can cause headaches and jaw and neck ache issues. So be sure to fit it right for you.



Tongue Retainer



Soft silicone tongue retainer creates gentle suction around the tongue, which holds it in place to help prevent blocked airway and snoring.

- 1) Make sure the "V" shaped side of the mouthpiece is facing down.
- 2) Insert the mouthpiece and gently place tongue inside the opening until you feel your tongue is touching both sides of the silicone walls.
- 3) Using your thumb and forefinger, gently squeeze the silicone bulb repeatedly to create suction. You will begin to feel the device pulling your tongue inward until it is attached securely. The fit should be just tight enough so that the device is attached securely but not so tight that you are feeling pressure on the tongue. Experiment until you find the perfect fit for you. Finally, to release the mouthpiece squeeze on the bulb which will release all suction and simply pull it out.

Nasal Filter

This item is a 2 in 1 nasal device. Like our Nose Dilator device, it is especially designed to maximize airflow through the nasal passage. In addition, it can also be used to purify air pollution, allowing you to breathe fresh and healthy air.



Where's the Mouthpiece?



Also known as a jaw holding mouthpiece works by moving your jaw into a forward position and retaining it during sleep. By doing so, airway muscles are tightened which prevents the sounds associated with snoring. It is created by taking an impression of both the lower and upper teeth.

At one time we included an anti-snoring mouthpiece in Snore Bag. It helps many people stop snoring, however it can take your body a little while to get used to something else being in the mouth. It may take a few nights to get accustomed to sleeping with it.

Why don't we include an anti-snoring mouthpiece in Snore Bag?

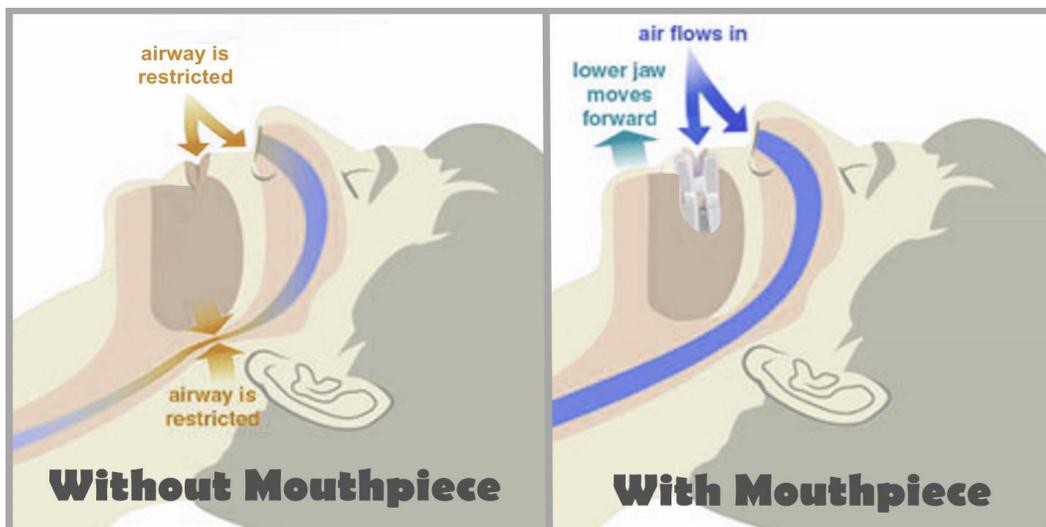
In most countries (particularly the US) such anti-snoring products *cannot* be found in retail stores, Amazon.com or Walmart.com. There certainly has to be an explanation as to why this is the case.

Well there is, and it has to do with the classification of this particular gadget. Technically speaking, the Food and Drug Administration (FDA) considers these a "medical device" and has placed certain restrictions on the sale of such products. In short, the FDA uses a classification system and the snoring mouthguard is classified as a Class II medical device that should be sold on a prescription-only basis.

If you have an old version of Snorebag, you may have received a mouthpiece.

So we have included these fitting instructions.

How Does It Work?



It is fitted using a simple boil and bite process. If you have ever used an athletic mouth guard and molded it to your teeth then you already know the fitting process.

Steps:



Hold mouthpiece in boiling water for 15-20 seconds.

Hold the mouthpiece using the spatula.

Bite and form fit:

Push your lower jaw forward and bite down hard.

Use your tongue to push from inside



Cool off in cool water.

Remove and discard the spatula.



TIPS

- If you push your lower jaw too far forward during the molding process it may cause an uncomfortable sleep and or allow saliva to drip out after a few minutes.
- If you do not stop snoring completely, remold with your jaw extended a little further forward

If you have a strong gag reflex it is especially important to form from the inside by pushing hard with your tongue.

If Snore Bag solutions don't stop your snoring

The devices we included in Snore Bag are targeted to snorers that are exploring anti-snoring aids for the first time. We don't claim our devices will have success for every snorer so if your snoring is too severe, you may need to move on to different options. If these easier options are ruled out it may be time to make a sleep analysis consultation and possibly a CPAP machine -if your snoring is really making your life difficult. It would be nice if we could have avoided that with our OTC devices but at least your experience should be useful for a sleep professional to make an analysis of your situation. If you feel you are eligible for a mouthpiece contact us at neutripure@gmail.com and you be asked to fill out a questionnaire in order to determine eligibility to receive a mouthpiece from us.



If you suffer from sleep apnea consult your physician before using these devices. Using these devices with a congested nose may limit your air intake and can lead to serious health issues. The mouthpiece and chinstrap devices are not for use for children under the age of 18 as their jaws are still in the development stage. The tongue retainer cannot be worn with dentures. Never leave a child unattended with these devices.

Nose dilators and tongue retainer are made of BPA FREE medical grade silicon.

Distributed by Neutripure Corporation, Saint Paul, MN USA Snorebag.com