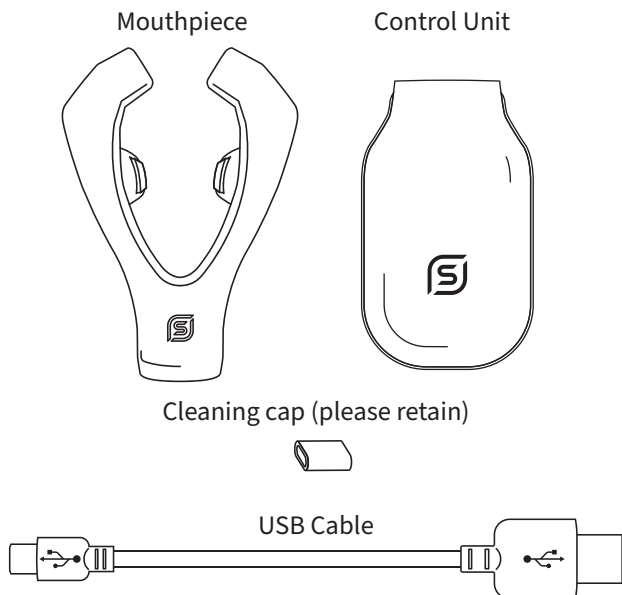


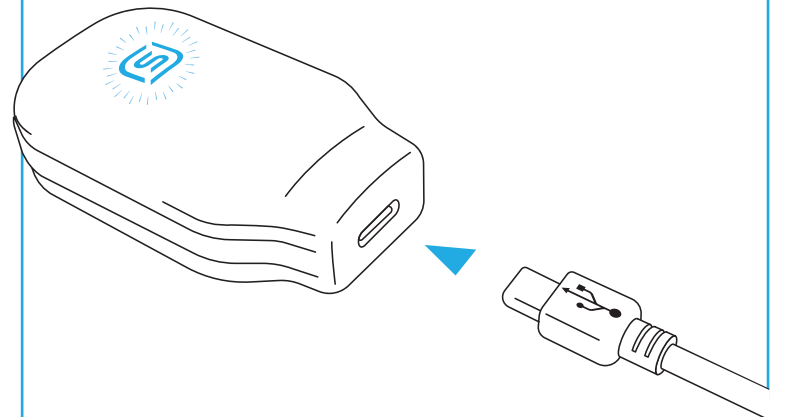
1

## What is in the box



2

## First charge



Only use the USB cable provided.

When charging the blue light will flash, if this does not happen please contact us.

3

## How to connect

1

Download the eXciteOSA app and sign up.

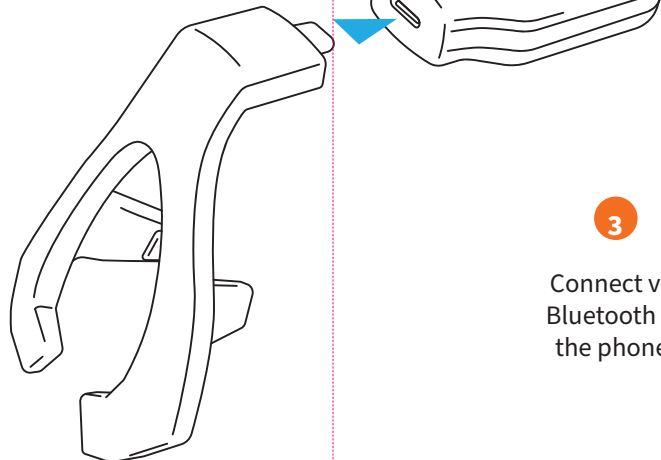


Available on the App Store

ANDROID APP ON Google Play

2

Connect the mouthpiece to the control unit.



3

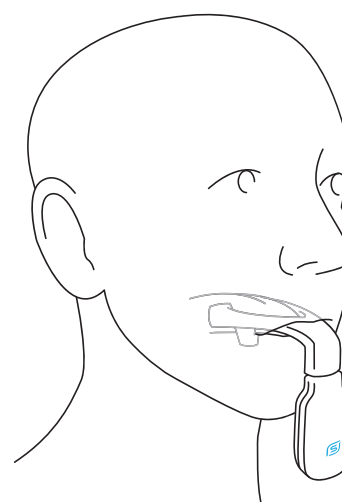
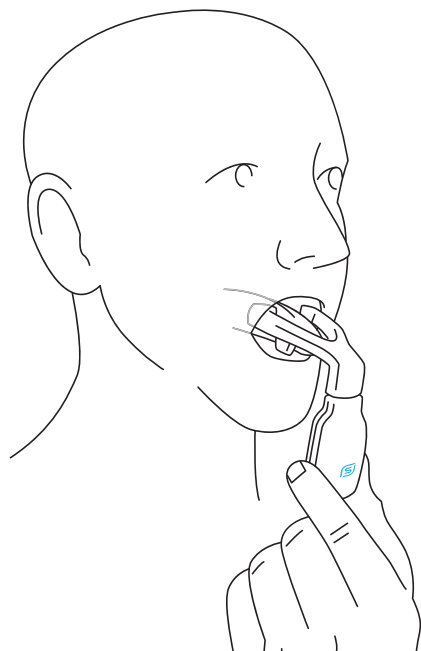
Connect via Bluetooth to the phone.



4

## How to place the device on your tongue

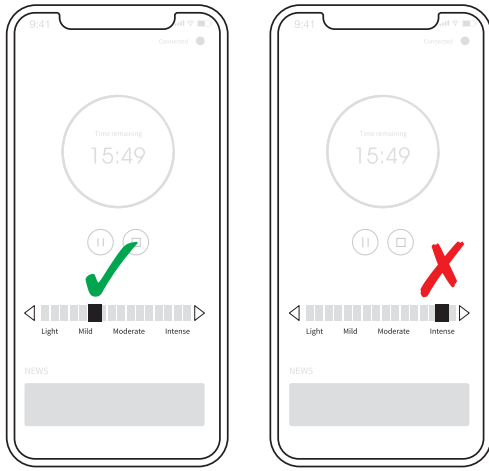
Insert the mouthpiece into the mouth and allow it to sit around the tongue and gently close your mouth.



Avoid grinding or clenching the mouthpiece.

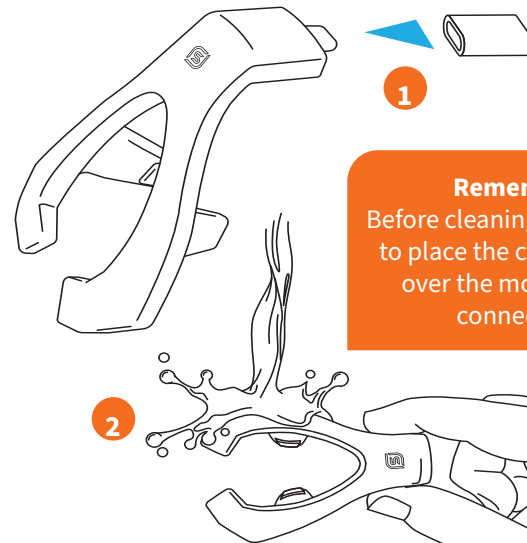
**Remember:** Disconnect the mouthpiece from the control unit after each therapy session and replace the cleaning cap.

## 5 Selecting the correct intensity



**Remember:**  
To start, select the highest comfortable intensity level.  
Higher levels will not speed up results.

## 6 How to clean

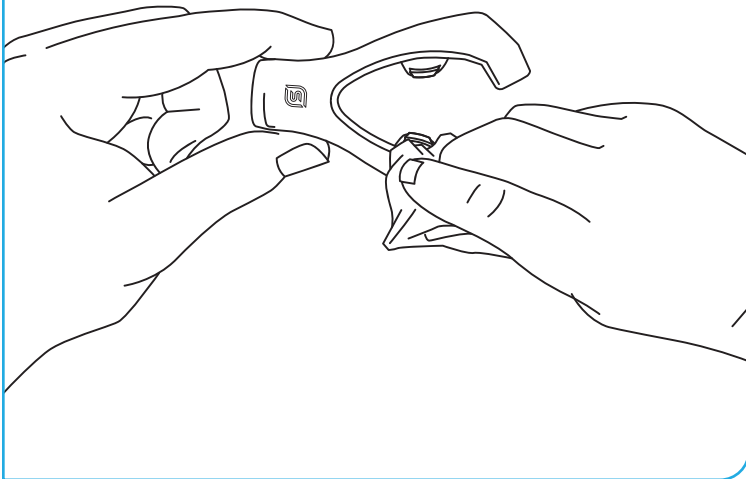


**Remember:**  
Before cleaning, remember to place the cleaning cap over the mouthpiece connector.

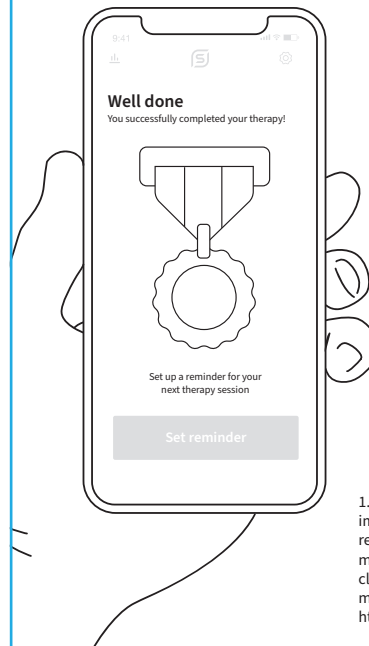
We recommend you store the Mouthpiece in the provided tray when not used.

## 7 If you salivate

It is normal to salivate when using this device, but this will decrease in time. You can quickly wipe this clean during your 20 minute therapy.



## 8 Recommended use



Based on our recommended program of a daily 20-minute session, you may notice an improvement in your mild OSA symptoms and snoring in as early as 4 weeks.<sup>1</sup>

1. eXciteOSA® has been clinically proven to significantly improve the quality of sleep and daytime sleepiness by reducing sleep apnoea and snoring, when used for 20 minutes, once a day for six weeks. Results based on a clinical study of 115 patients (AHI <15) with snoring or mild OSA (AHI 5-15, n=65). For more information, see: <https://exciteosa.com/clinical-evidence>

## FAQs

Further information regarding the use of this device can be found on our website.



[exciteosa.com/support-hub](https://exciteosa.com/support-hub)

We are eager to hear about your progress. Please let us know your feedback by emailing [info@signifiermedical.com](mailto:info@signifiermedical.com)

# excite<sup>OSA</sup>

## Quick Start Guide

[www.exciteosa.com](https://www.exciteosa.com)