



**SQUIP**

# Snooze

Nostril Expander

Nasaline

*(Image of a woman sleeping with the device in her nostrils and a separate image of the device in its case)*

**What is Snooze?**

Snooze is a unique device used to enhance breathing, improve sleep, and reduce snoring. Snooze consists of two silicone expanders and a connector cord. Snooze, unlike nasal strips, do not use adhesives, are reusable, and more effectively expand the nostrils allowing for increased air intake and better breathing.

**What is Snooze made of?**

Snooze is made of high quality medical grade silicone. Snooze is completely latex-free as it was specifically designed for direct contact with the skin.

**When is Snooze used?**

Snooze can be used to aid or alleviate any of the following conditions:

- Snoring - due to nasal obstruction or mouth breathing.
- Allergy and sinus symptoms - enhances breathing due to nasal congestion.
- Nasal valve collapse
- Septal deviation
- Dry mouth - during and after sleeping.

Snooze can also be used to improve physical activity such as weight lifting, jogging and during yoga exercises by improving air intake.

**How is Snooze used?**

Snooze comes assembled with two nostril expanders and a connector-cord. The cord keeps the expanders from twisting and allows for easier removal. Firmly insert the *Snoozies* into each nostril. For additional comfort, we recommend that you rinse the *Snoozies* in warm water before use or hold them in your hands

for a few minutes. Once the expanders are inserted correctly, you can sleep, lie down, and perform most types of physical activity. If one nostril opening is slightly smaller than the other, you may need to use a different size for each nostril. (See free replacement policy/instructions).

**Who can use Snooze?**

Snooze was designed in sizes Medium and Large - and will fit most adult noses comfortably. The adjustable connector-cord was designed for a perfect fit regardless of distance between nostrils. Anyone can safely use Snooze, unless advised otherwise by a licensed physician. If continued discomfort occurs, refrain from using *Snooze*.

**Any side effects from using Snooze?**

There are no side effects to using *Snooze*, and the shape of the nose/nostrils cannot in any way permanently change from using *snooze*

**Cleaning:** *Snooze* should be cleaned with soap and lukewarm water before use.

**Durability:** With frequent use, *Snooze* should last approximately 6 months.

**Storage:** *Snooze* should be stored in a dry environment at room temperature.

**WARNING: Snooze is not a cure for Sleep Apnea! If you think you may have Sleep Apnea symptoms, we recommend that you consult your physician.**

**If you experience frequent nose bleeds, we recommend that you consult your physician before use.**

**Snooze incorrect size replacement policy:**

We understand that not in every case does the thumb print size accurately determine the size of ones individual nostrils. If you have purchased the wrong size, please mail your *Snooze* to:

**Squip, Inc.**  
**PO Box 556**  
**Lebanon, NJ 08833**  
**Att: Snooze Replacement**

...and we will mail you a replacement pair of the right size for you - free of charge! Please include address, telephone number, and desired replacement size.

In some cases due to septal deviation or any other variations in the structure of your nose, a different size expander may be required for each nostril. This will typically reveal itself by slight discomfort or diminished functionality in either one of the nostrils. In this case, please mail one (1) of the expanders to the address above, and we will mail you a single replacement of the correct size.

**Note: Alcohol consumption may reduce the effectiveness Snooze has on snoring.**  
**Warning:** This product contains small parts. Keep out of reach of children.

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