

How does Nozovent work? Advice and tips!

In scientific investigations and clinical studies, it has been shown that most patients snore less when they use Nozovent. Some even stop snoring altogether. Squeeze the flat sections ("wings") between your index finger and thumb – see the drawing on the front of the packet. Insert one wing into each nostril by pushing it into the upper part of the nose and then anchor Nozovent by pressing the wings in place, with the large balls facing downwards towards the bottom of the nose. Carefully pull the intermediate section that is outside the nose to make sure that Nozovent is in place.

Colour marking: To make it easier to find a Nozovent that has fallen out, mark the intermediate section with a water-resistant (colour-fast) marker pen to ensure that you can easily find your Nozovent!

Habituation: In the beginning, you may experience a feeling of tightness and irritation and it is therefore a good idea to insert Nozovent in good time before going to bed. You and your nose will be accustomed to it after a few days. During the night, if you are restless, Nozovent may fall out of your nose. You will then need to re-insert it when you wake up. You can also use skin-friendly tape to secure Nozovent to the outside of your nose, by attaching the tape to the intermediate section of Nozovent.

Adaptation: Nozovent is available in two sizes. The most common is Medium, but there is also a Large size, for people with well-developed noses. It is important that you choose the correct size, so that your Nozovent is secure and convenient.

If necessary, you can individually adapt/adjust the wings and the best way to do this is to use a small pair of scissors or something similar. Remove as much material as necessary to ensure a good fit and the best possible comfort.

Hygiene: Nozovent should be cleaned with soap and water whenever necessary. It can also be boiled in water, if you so wish.

Shelf life and product service life: As the material in Nozovent gradually loses its spring, its properties and benefit will successively decline. We therefore recommend that you regularly replace your Nozovent with a new one after four to six weeks' use.