

## Nasal dilator

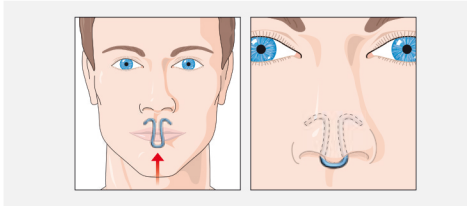
# Relieves snoring and nasal congestion

**Discrete, comfortable and reusable, ClipAir improves breathing, and prevents snoring and drying of the throat.**



### Principle of operation

ClipAir fits easily into the nose. It discretely holds the sides of the nose even in the case of strong inspirations.



### Indications

- Snoring.
- Difficult nasal breathing.
- Narrow nose or nasal valve.
- In combination with a CPAP mask, to improve the passage of air under pressure.
- Sports.

### Contraindications

- Scars or irritations in the nose.

### Effectiveness

Nasal dilator effectiveness is proven in clinical sleep studies to have the following effects:

- Reduce breathing effort. (\*)
- Lower the heart rate in people suffering from apnoea. (\*)
- Restore a feeling of repairing sleep in users (\*) and (\*\*)
- Reduce snoring in more than 50% of users. (\*\*)
- Reduce throat drying. (\*\*)

In a sports activity, the nasal dilator is clinically proven (J. Griffin, Laryngoscope, 1997) to:

- Reduce the heart rate.
- Reduce the perception of effort.
- Reduce the ventilation needed for the effort.

### Contents

Ref. S-Clip-3

- 1 set of 3 clips in S, M, L sizes

(\*) As reference, the study by P. Kerr et. al. *Journal of Otolaryngology* 21:3, 1992

(\*\*) As reference, the study by Jan Ulfborg, 1997

