

ZQuiet[®]

Chin-UP

30 Supportive Chin Strips

Comfortably reduces mouth breathing/oral venting.
Safely reduces or eliminates loud open mouth snoring.
Gently reduces dry mouth discomfort during sleep.



ZQuiet[®] Chin-UP strips gently support the chin during sleep, reducing mouth breathing, thereby promoting and enhancing nasal breathing.

READ APPLICATION & REMOVAL INSTRUCTIONS ON BACK

Patented & FDA Cleared. Die cut from 3M medical grade material. Hypoallergenic, latex and gluten free adhesives.

Distributed by:
Sleeping Well, LLC
Shelburne, VT 05482
www.ZQuiet.com
(800)281-0543



LOT: AC1051
Expiration Date: FEB 2023

ZQuiet® Chin-UP Supportive Chin Strips

APPLICATION & REMOVAL INSTRUCTIONS

Caution: Do not use this product if you are allergic to adhesives used on medical grade tape.

Note: If using a mouthpiece, insert the mouthpiece prior to applying the ZQuiet® Chin-UP strip.

Application Instructions

1. Remove strip from one edge and peel off. (Figure 1)
2. Using both hands, press cheek tabs with index fingers and pull chin section under bottom lip. (Figure 2)
3. After applied, gently press on strip to secure all areas. (Figure 3)
4. Bottom lip should be snug against top lip after application.

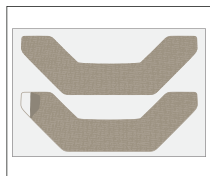


Figure 1

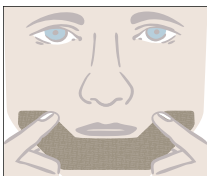


Figure 2

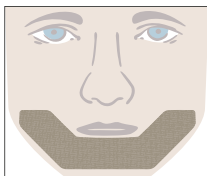


Figure 3

FIRST NIGHT using a mirror, apply strip 30 minutes before sleep to ensure that nasal breathing is normal. If breathing is labored, remove strip and contact customer support.

IMPORTANT FOR NEW USERS WITH SENSITIVE SKIN

Do the following before applying strip to prevent skin irritation:

1. Do not wash the natural oil off your face before applying the strip.
2. Apply strip to palm of hand and remove it one or more times.
3. Apply lotion to cheeks before applying. Rub in until not slippery.

Removal Instructions

Remove Strip from one edge and peel off slowly. (Do not use water) ZQuiet® Chin-UP strips are designed for single use. Dispose after use. Store strips between 50-80°F with humidity between 40-60%.

ZQuiet® Chin-UP strips can be worn in combination with CPAP and oral appliances. ZQuiet® Chin-UP strips when used alone are not intended to treat obstructive sleep apnea. Consult your physician.

Welcome to ZQuiet® Nights!