1. **What is in the box**

- Mouthpiece
- Control Unit
- Cleaning cap (please retain)
- USB Cable

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.
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.¹

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

We are eager to hear about your progress. Please let us know your feedback by emailing info@signifiermedical.com

Prof. Dr. Anshul Sama, Chief Medical Officer, Inventor
SIGNIFIER MEDICAL TECHNOLOGIES

041 301 000 November 2020