

WELCOME TO...

PROVENT<sup>®</sup>

sleep apnea therapy

Please read this brochure & the Provent Instructions For Use  
before starting Provent Sleep Apnea Therapy.



## **Obstructive Sleep Apnea (OSA)**

is a serious medical condition characterized by pauses in breathing, or shallow breaths, during sleep.

Untreated OSA can have a negative impact on quality of life including decreased energy levels, lack of motivation, depression, and daytime sleepiness. It may even lead to additional health problems like high blood pressure, heart attack, stroke, and diabetes.

**This Starter Kit will help you get started with Provent Sleep Apnea Therapy; one of the most innovative and effective ways to treat OSA.**

# PROVENT® Introduction

Provent Sleep Apnea Therapy is an FDA cleared product, prescribed by your doctor, for the treatment of OSA. Like any new sleep therapy option Provent may take some getting used to. This Starter Kit is designed to help.

## **PORTABLE. POWERFUL. PROVEN.**

Provent Sleep Apnea Therapy uses your own breathing to create nasal Expiratory Positive Airway Pressure (EPAP) when you breathe out, which helps to keep your airway open while you sleep. In clinical studies Provent was shown to effectively treat mild, moderate and severe Obstructive Sleep Apnea.

**Quiet and hassle-free**, Provent Therapy is easy to use and maintenance free. It is **ideal for nightly use** and convenient for travel. Before getting started with Provent please read this brochure and the included Instructions For Use.



-  **Simple:** Provent uses the power of your own breathing to hold the airway open, and enable natural airflow, while you sleep.
-  **Personal:** Provent gives you the freedom to sleep however you like — in any position — without being restricted to lying on your back.
-  **Travel Friendly:** Small, discreet and disposable Provent is convenient for nightly use at home and while traveling.

-  **Effective:** In clinical studies, Provent demonstrated significant improvements across all levels of OSA severity — mild, moderate and severe.
-  **American Made:** Provent is proudly made in the USA; and it is available directly to veterans through the VA Medical System.
-  **CPAP & Mask Free:** After more than 6,000,000 nights Provent is the proven CPAP alternative that let's sleep therapy users unplug with no mask, no tubing and no machine!
-  **Latex Free:** Comfortable and breathable Provent nasal devices are hypoallergenic, easy to apply, and contain no natural rubber latex.
-  **FDA Cleared:** Prescription Provent is the only device of its kind FDA cleared for the treatment of OSA.

# PROVENT® How It Works

Provent Sleep Apnea Therapy uses the power of your own breathing to create nasal Expiratory Positive Airway Pressure (EPAP) when you breathe out, which helps to keep your airway open while you sleep. It's that simple.

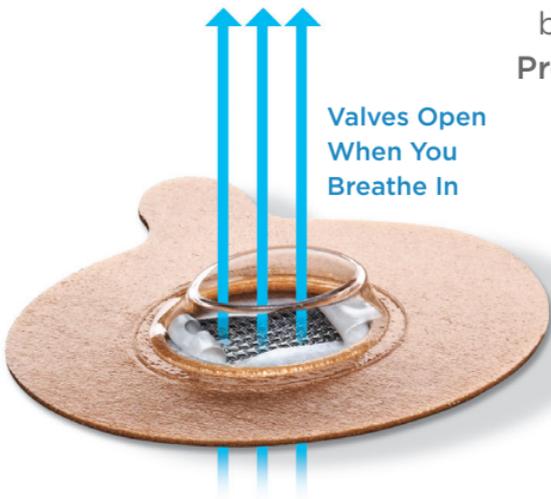
Expiratory Positive Airway Pressure is something you can feel and may seem awkward at first; don't worry, your body will adjust.

## KNOW WHAT TO EXPECT

Provent Therapy can make you feel like it's harder to breathe out. To experience what this may feel like, pinch the bridge of your nose with your fingers and try breathing out. This is what Provent Therapy will feel like at first. **It may be a little different, but you'll get used to it.**

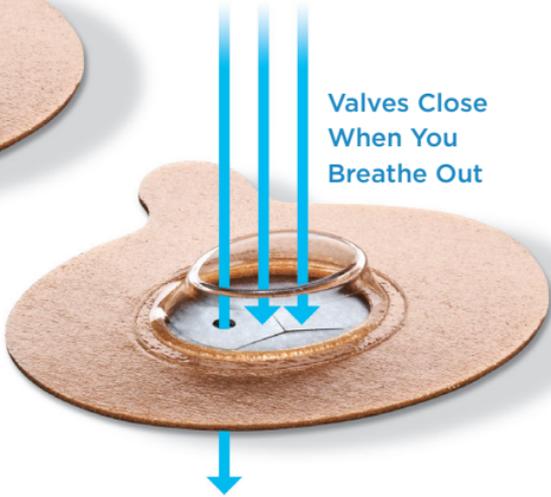
## WATCH HOW IT WORKS

Provent's proprietary MicroValves use the power of your own breathing to treat OSA. Go to [ProventTherapy.com/starterkit](https://www.proventtherapy.com/starterkit) to see how it works in a simple instructional video.



Valves Open  
When You  
Breathe In

The diagram shows a top-down view of the MicroValve mechanism. It consists of a circular wooden base with a central glass ring. Inside the ring is a mesh screen. Three blue arrows point upwards from the mesh, indicating the direction of airflow during inhalation. The mesh is slightly raised, creating an open passage for air.



Valves Close  
When You  
Breathe Out

The diagram shows a top-down view of the MicroValve mechanism during exhalation. The mesh screen has flattened against the base, closing the passage. Three blue arrows point downwards from the mesh, indicating the direction of airflow during exhalation. The glass ring and wooden base are the same as in the previous diagram.

## PROVENT® Starter Kit

People adapt to EPAP therapy, and breathing with the Provent Nasal Device, at their own pace. It may take a little getting used to. This Starter Kit will help you acclimate to Provent Therapy by gradually increasing EPAP resistance over the first several nights of use.

Using the Starter Kit is simple, just follow the guidelines in this brochure. Keep the brochure and the included Instructions for Use, handy for reference as you begin using Provent Sleep Apnea Therapy.

**Remember we're here to help!** If you have questions visit [proventtherapy.com](http://proventtherapy.com), call Provent Customer Care at 1-888-SLP-WELL, or talk to your doctor.

## LIGHT FOR NIGHTS 1 & 2

**Light Resistance Non-Therapeutic Provent Nasal Devices**, for nights 1 & 2, provide minimal resistance to help you get used to wearing, and sleeping with, the Provent Nasal Device.

## MEDIUM FOR NIGHTS 3 & 4

**Medium Resistance Non-Therapeutic Provent Nasal Devices**, for nights 3 & 4, increase resistance when you breathe out to give you a better idea of how it feels to breathe and sleep with EPAP.

## STANDARD FOR NIGHTS 5 to 30

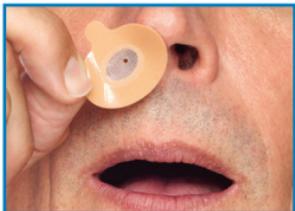
**Standard Resistance Provent Nasal Devices**, provide full therapeutic EPAP resistance for nights 5 to 30. Remember, it may take time to get used to wearing Provent. Use all of the devices provided to give yourself the time you need to get used to treatment with Provent Sleep Apnea Therapy.

# PROVENT® Applying the Device



## STEP 1: PREPARE

- Clean and dry the area around your nostrils. Do not put any lotion on your nostril area.
- Grasp the small side tab on the Provent Nasal Device and gently peel it off the backing.



## STEP 2: ALIGN

- Align the long axis of the nasal insert with the long axis of your nostril to ensure a good seal.
- Make sure the side tab points outward as shown.



## STEP 3: APPLY

- Once aligned, gently place the nasal insert into the nostril and press the adhesive onto your nose. Stretch the lower nostril area as if shaving the area above the upper lip. This will help ensure a good seal.
- Repeat on the other nostril.



#### STEP 4: CHECK

- Gently press down around the adhesive to ensure a good seal. Make sure there are no folds or creases that could create a leak.
- Remove and reposition the device if necessary. **Note:** Repeated repositioning will weaken the adhesive and reduce effectiveness.



#### STEP 5: BREATHE

- Provent Therapy will feel different at first; and it may take some time to get used to.
- Breathe in and out through your mouth while falling asleep – or in through your nose and out through your mouth – whichever feels the most comfortable to you.



#### STEP 6: RELAX & SLEEP

- Avoid activity while wearing the device.
- After falling asleep you will naturally begin to breathe through your nose. That's when Provent Therapy really starts to work.
- **Relax and Enjoy Sleep with Provent Therapy!**

# PROVENT® Tips for Success

When wearing Provent Therapy, remember... it may take up to a week or longer to adjust. In fact, wearing the device may feel uncomfortable for the first few nights. These tips will help you get used to wearing Provent before and during sleep:

## INHALE

Inhale through your mouth or through the Provent Device — **whichever makes it more comfortable to fall asleep.**

## EXHALE

Breathe out through your mouth (not through the device) when awake. If you try breathing through your nose (to check the seal of the adhesive, for example) you should notice resistance. This is normal and tells you the device is working. While you are trying to fall asleep, **breathing out through your mouth** will feel a lot more comfortable. Generally, people switch to nasal breathing once asleep, effectively “turning on” the device.

## RELAX

**Avoid or minimize activity** while wearing the Provent Nasal Device. Ideally, you should put on Provent right before you're about to go to sleep. **Keep a glass of water near** your bedside, in case you wake up with a dry mouth.

## REPEAT

If you wake up feeling uncomfortable during the night, take the device off and **try again tomorrow**. Some people adjust to Provent Therapy right away; others need more time. It may take a week or more to get used to sleeping with the device. **Give it the time you need.**

## COMMIT

Use all devices provided in the pack. Remember, **sleep apnea is a lifelong medical condition** that should be treated. Although it may take time to get used to wearing Provent Therapy, **consider the positive benefits of treatment.**

# PROVENT® FAQs

## **What if my Provent Nasal Device doesn't stick or leaks?**

Sometimes the device may not stick because the skin around the nostrils is too wet, is covered in lotion, or is oily. In addition repositioning the device, after it has been applied, may cause leaks and reduce the effectiveness of the adhesive.

It is important to wash the area around your nostrils with soap and water before you apply the device. Then, make sure the area around your nostrils is dry and free of any lotions or gels, so the device can stick properly. Also try to avoid repositioning the device after application. If you have a mustache, you may need to trim it if you are unable to get a complete seal.

## **What if Provent Therapy is uncomfortable at first?**

Breathing through the Provent Nasal Device may feel different at first because it makes it harder to breathe out. This pressure keeps your airway open while you sleep. Try and stick to the routine and practice breathing out through your mouth while awake.

If you find it too hard to breathe while sleeping, simply remove the device and try again tomorrow night. Your body will need time to adjust to this new way of breathing, so don't give up right away.

### **What if the skin around my nostrils feels irritated?**

It is very rare for the adhesive on Provent Therapy to irritate the skin. However, if your skin becomes irritated, try removing the device with a damp washcloth, or while in the shower, as the moisture may make it easier to take off.

### **What if my mouth is dry when I wake up?**

If this happens, keep a glass of water by your bed.

### **What if I breathe through my mouth when I sleep?**

As with nasal CPAP therapy, Provent users who may be mouth breathing during sleep may benefit from the use of a chinstrap.

### **What if I have more questions?**

We're here to help! Visit [proventtherapy.com](http://proventtherapy.com), call Provent Customer Care at 1-888-SLP-WELL, or talk to your doctor.

## **USER ASSISTANCE INFORMATION**

Refer to the Instructions for Use that came with your Starter Kit for complete product information, cautions, and instructions. For customer service inquiries or to report an adverse event, please call: +1 (888) 757-9355 or email [info@proventtherapy.com](mailto:info@proventtherapy.com)

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PST013 REV B 03/2017