How Provent Sleep Apnea Therapy Works
Provent uses the power of your own breathing to create nasal Expiratory Positive Airway Pressure (EPAP) to keep your airway open and treat Obstructive Sleep Apnea. EPAP is something you can feel and it may seem awkward at first; don’t worry, your body will adjust.

How to Apply the Provent Nasal Device
Follow the steps below to apply and get used to wearing Provent before and during sleep. Correct placement of the Provent nasal device is critical. We recommend using a mirror.

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.

2 ALIGN
- Stretch your upper lip downward as if shaving
- Align the long axis of the nasal insert with the long axis of your nostril to ensure a good seal.
- **Note:** Provent Nasal Devices can be fitted to either nostril; just make sure the small side tab points outward as shown

3 APPLY
- Once aligned, gently place the nasal insert into the nostril and press the adhesive onto your nose
- Make sure there are no folds or creases that could create a leak
- Run your finger around the adhesive to ensure a good seal
- Repeat on the other side

4 CHECK
- Check for a proper fit, making sure the device covers, and is comfortably centered within each nostril
- Ensure that the adhesive portion of one device doesn’t cover the mesh portion of the other (adhesive portions may overlap)
- Cover the mesh of both nasal inserts with your fingers and gently exhale through your nose to confirm the seal. You should not feel air escaping around the edges of the device

5 BREATHE
- **Relax!**
- Breathe out through your mouth until you fall asleep

**TIP:** Put the devices on just before going to sleep. Breathe out through your mouth. After falling asleep most people will automatically breathe through their nose.