**PROVENT** 5 Steps To Help Get Used to Provent Therapy

**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.**

**Give Yourself the Time You Need to Get Used to Provent**
It may take up to a week or more to adjust to Provent Therapy. 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:

1 **INHALE**
   - Briefly try breathing out through your nose. You should notice resistance, this is normal and means the device is working.
   - Until you fall asleep, breathe out through your mouth (not through the device). This should be more comfortable than breathing through your nose.
   - Most people will switch to nasal breathing once asleep, effectively “turning on” the device.

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

3 **RELAX**
   - Put on Provent right before bed and breathe out through your mouth as you fall asleep.
   - Do not engage in any activity while wearing the Provent Nasal Device — just try to fall asleep.
   - Keep a glass of water near your bedside, in case you wake up with a dry mouth.

4 **REPEAT**
   - Take time to get used to wearing Provent Therapy.
   - 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.

5 **COMMIT**
   - Use all devices provided in your first pack.
   - Obstructive Sleep Apnea is a chronic condition that requires treatment every night, so make Provent Therapy a part of your bedtime routine.
   - Although it may take time to get used to wearing Provent Therapy, consider the positive benefits of treatment.

**REMEMBER:** Obstructive Sleep Apnea is a serious condition. Though it may take time to get used to Provent Therapy, continued use of Provent can be an important step towards better health.

For complete information, instructions, warnings, and precautions about the use of Provent Sleep Apnea Therapy please refer to the Instructions for Use inside your Provent Therapy package.

We’re Here to Help. Call 1-888-SLP-WELL