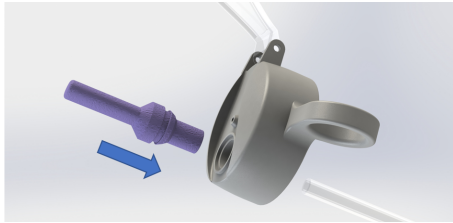


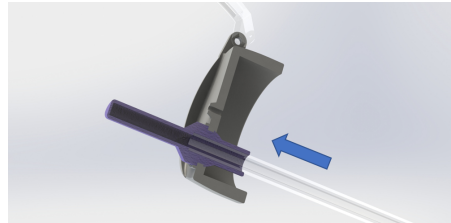


Congratulations on your purchase of a REMplenish™ water bottle, the world's first designed to reduce the risk of snoring and tiredness! 93% of snorers have reported improvement¹ - just by drinking water.

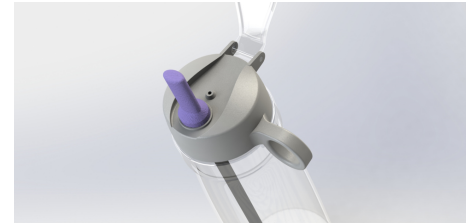
Assembly



Step 1: Insert nozzle into lid.



Step 2: Insert straw until resistance is felt.



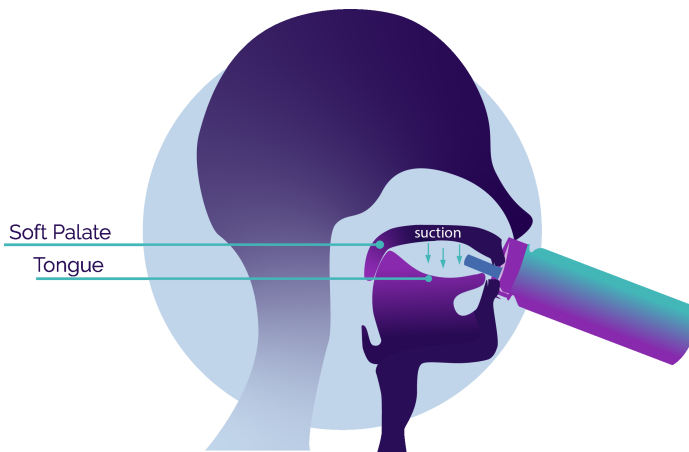
Step 3: Screw lid onto bottle.

Use / Maintenance

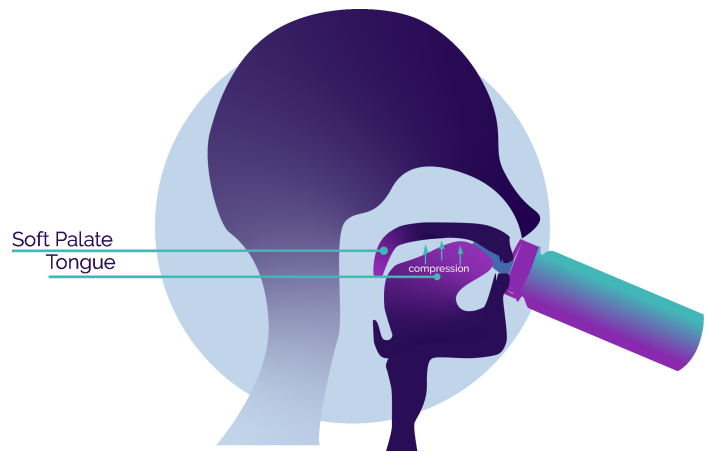
- Wash well with soap before use and at least once each week. All parts are top rack dishwasher safe but we recommend hand washing to reduce wear over time. All parts are BPA-free.
- Only fill the bottle with cold/room temperature water. Do not microwave or freeze.
- Drink between 1 and 2 bottles of water (32oz) 5 days per week; stop if you feel excess muscle fatigue.

Proper Form

Step 1: Tongue Suction



Step 2: Tongue Press



Place nozzle completely in mouth with lips touching base of nozzle. Draw in water by creating a negative pressure with your tongue. Note: Make sure you are using your tongue and NOT YOUR CHEEKS.

Compress the nozzle against the roof of your mouth so the nozzle is fully compressed. Make sure the tip of your tongue is behind your top front teeth (see Proper Swallow). Swallow. Repeat Step 1.

How Our Device Works

Our patent-pending product combines myofunctional therapy (see below) with the natural motions of drinking and provides targeted resistance to exercise the muscles in your mouth and throat which can reduce snoring (50% or more on average) and/or tiredness. The exercises consist of the Tongue Suction to draw water in, Tongue Press to compress the nozzle against the roof of your mouth, and increased swallowing repetitions. There are 3 strategic areas of attack that the device uses to fight snoring (cont'd on back):

¹ Based on internal usability study results. <https://www.remasteredsleep.com/usability-study>

- 1) **Tighten muscles in the throat and soft palate to reduce vibration and collapsibility.** Increasing the number of swallows per volume of liquid helps tighten these muscles.
- 2) **Tighten tongue muscles to reduce/prevent the tongue from falling back in the throat while sleeping.** Both the Tongue Suction and Tongue Press exercises help to strengthen tongue muscles.
- 3) **Promote tongue on roof of mouth with light suction and nasal breathing while at rest.** Repetition and light resistance help to build muscle memory so that the tongue is in proper position.

What to Expect

The first few days may be difficult but will get easier with continued use. You should feel the muscles working underneath your chin. Each person is starting at a different level of strength, so experiences may vary. If the therapy intensity is too easy for you, you can either drink more than one bottle a day or try to drink all of the water in one session duration. If the therapy intensity is too difficult for you, you can drink less than the recommended amount or space out drinking throughout the day to let your muscles get more rest.

Most people begin to see improvement after one month of regular device use. This should continue with use and is expected to level off at about 6 months for most people. If you stop using the device, improvement will also stop and there may be a gradual loss of improvement gained. Maintain your strength by using the water bottle at least twice a week.

Metrics

It is important to establish a method for tracking progress. What are your personal goals? How do you want to track your progress? The table below has metrics others have used. Check in on your metrics each month.

Snoring	Daytime Tiredness*	Jawline Toning
<ul style="list-style-type: none"> • Bed Partner Snoring Survey • Ask bed partner what changes they have noticed • Snore tracking app (5 day average) 	<ul style="list-style-type: none"> • How many times you wake up in the night • Epworth Sleepiness Scale (more info at website) • Reduction of morning headache or foggiess • Sleep tracking app 	<ul style="list-style-type: none"> • Front photo of face and neck • Side photo of face and neck • Neck circumference at base of chin

*If you have daytime tiredness, this could be related to obstructive sleep apnea (OSA), a serious medical condition. See OSA indicators for symptoms and consider consulting a doctor.

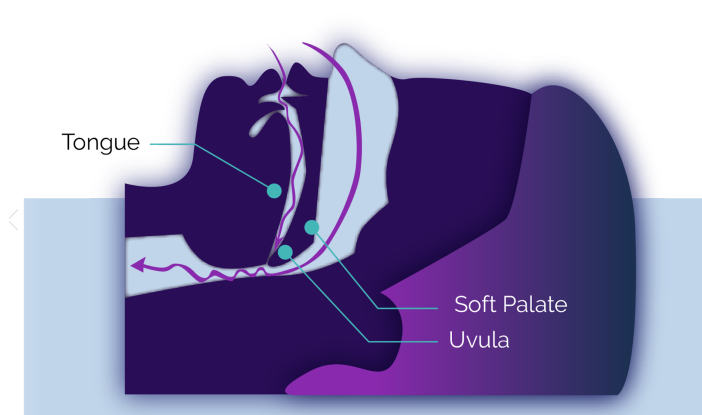
Risks / Disclaimers

- **Choking** - NOT RECOMMENDED FOR CHILDREN UNDER 3 YEARS OF AGE. Be careful when first using the device and try not to drink too quickly otherwise you may get water down your airtube. It may take time to get used to drinking with the device so start slow and be conscious of proper use.
- **Muscle Fatigue** - Try not to over-exert yourself! Provide proper rest if feeling fatigued (~1-2 days).
- **Tongue Irritation** - Stop using the product until irritation goes away (~1-2 days). Review Tongue Suction and Tongue Press instructions, make sure tongue motion is vertical (up & down) and not horizontal (forward & backward).
- **Allergic Reaction** - Do not use if allergic to silicone. Stop use if you have an allergic reaction.
- **Water Leakage** - The device may leak water out of the nozzle if pressure builds up in the bottle. This could be caused by temperature changes. To prevent this, the cover can be left slightly opened.

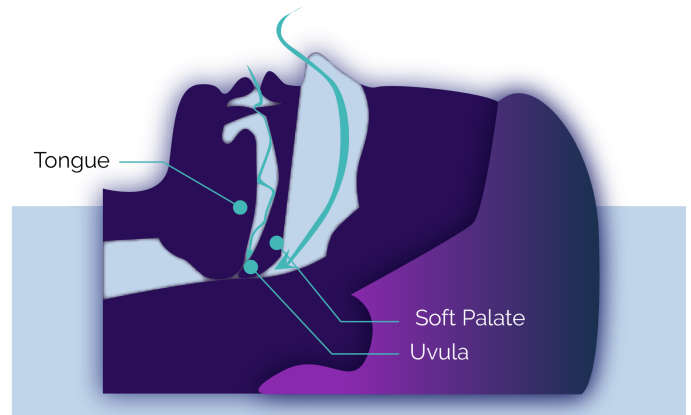
Why People Snore

Snoring is a sound produced by vibration of the soft tissues of the upper airway during sleep. If snoring is loud and habitual it may indicate the presence of obstructive sleep apnea (OSA), a serious medical condition where the airway collapses and breathing is stopped for a period of time that is sufficient to disrupt sleep.

Snoring



Obstructive Sleep Apnea



Nasal - plugged nostrils results in a high pitched snore

Mouth - soft palate relaxes and vibrates from air flow

Tongue - tongue relaxes, falls back, and decreases airway size, resulting in a louder snore

Throat - relaxation of the pharyngeal muscles causing airway to decrease in size

Airway collapses causing loss of breathing.

OSA Indicators:

- Excessive daytime tiredness
- Waking up with a headache or foginess in the morning
- Waking up numerous times throughout the night
- Gasping for air while sleeping

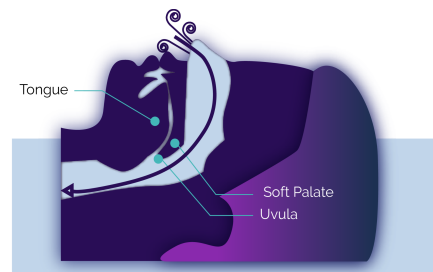
We strongly recommend anybody that has suspected obstructive sleep apnea to consult with their physician on the best course of action. If you receive improvement in tiredness or any of the OSA indicators from device use, you may be at risk for having obstructive sleep apnea.

Background on Myofunctional Therapy

The goal of myofunctional therapy and oropharyngeal exercises is to retrain the muscles of your mouth and throat to promote proper function and positioning. Our everyday habits can lead to neuromuscular imbalances that cause some muscles to work harder than others to compensate. Increases in fat tissue and reduced muscle function with age can exacerbate these imbalances. Conditions such as snoring and obstructive sleep apnea can result.

Goals of Myofunctional Therapy

- Breathe through nose during the day and night
- Rest tongue on roof of mouth
- Swallow correctly
- Keep lips together with light pressure



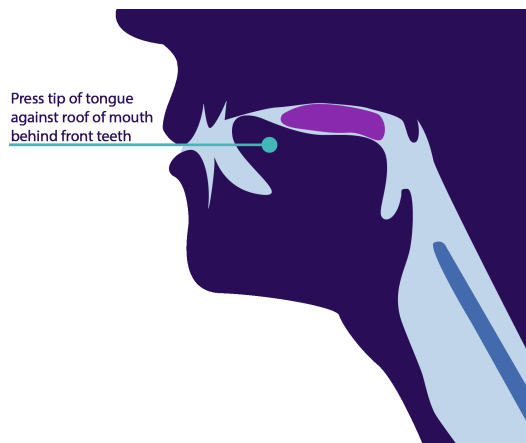
Important: for full benefit you should also work on proper swallowing and nasal breathing while at rest with tongue on the roof of mouth. For additional help, you may wish to consult with a speech language pathologist or a myofunctional practitioner.

Proper Swallow

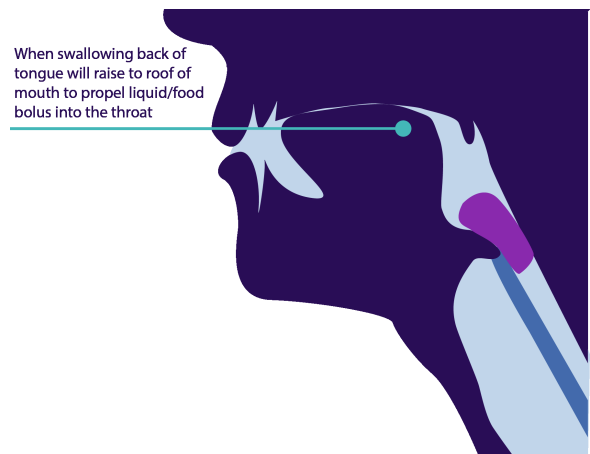
Some people develop irregular swallowing patterns which may negatively impact snoring. Correcting these irregularities can provide great, long-lasting benefit that will be reinforced every time you swallow. To understand if you are swallowing correctly, grab a glass of water and take a sip. Pay close attention to where the tip of your tongue is relative to your teeth and the glass when you initiate the swallow. If your tongue is behind your bottom teeth, touching the glass, floating in your mouth, or pushing against your top teeth, you will need to work on your proper swallow. Practice over a few weeks should correct this.

The proper swallow form involves pressing the tip of your tongue lightly on the roof of your mouth ~1/4" behind your front teeth (not touching your teeth) as you initiate the swallow. The back of your tongue will raise to the roof of your mouth propelling the bolus of food/liquid down your throat. See images below or our website for more information.

Phase 1: Swallow Initiation



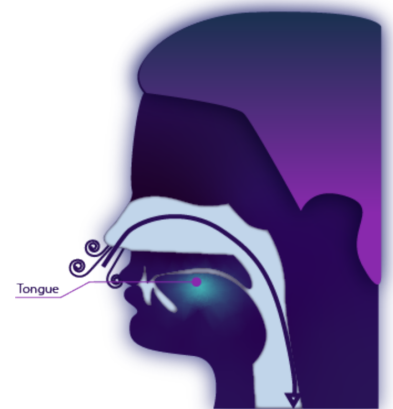
Phase 2: Swallow Completion



Nasal Breathing + Tongue Resting Position

Breathing through your nose filters, regulates the temperature of, and humidifies air before it reaches your lungs. When you breathe through your mouth, your tongue is forced into a lowered position where your muscles are not being properly activated. If this is done often, the tongue positioning can translate into sleep causing the tongue to more easily fall back in the airway. To prevent this, it is important to breathe nasally at rest and reserve mouth breathing for when you are talking or exercising.

When you breathe through your nose you should keep both the front and back of your tongue lightly suctioned to the roof of your mouth with the tip of your tongue resting ~1/4" behind your front teeth.



Other Potential Causes of Snoring

- Being overweight
- Nasal obstruction
- Alcohol consumption
- Sleeping on your back

Contact Us

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