During sleep our breathing meets resistance in the first 5-10 mm of the nasal cavity. A narrow nasal passage way is one the main causes for snoring which interferes with an optimal night’s rest. MochaEssentials anti snore aid makes breathing easier and in doing so will prevent snoring in many cases.

The MochaEssentials anti snore aid is made from medical grade silicone in accordance with European and American guidelines.

The Mocha Essentials anti snore aid is flexible, soft, and skin-friendly and will generally not cause irritation or damage to the mucous membrane or the skin of the nose. Normal soap is all that is needed for cleaning it.

Instructions for use:

**BEFORE USE**- the MochaEssentials anti snore aid should be washed with soap and lukewarm water after being removed from its packaging. Be sure to rinse well and remove any soap remaining as it may be unpleasant for sensitive mucous membrane.

**FIND THE RIGHT FIT-** There is 4 sizes. Select the size which fits your nostrils most comfortably.

If the width feels good but is too deep for your liking, a simple scissors can be used along the ringed edges to shorten it. Shorten the pipes a minimal amount initially, until you find the correct length.

 MochaEssentials anti snore aid ensures that the nostrils remain open, allowing sufficient air to flow freely in and out allowing you to sleep in any position you wish.

If the MochaEssentials anti snoring aid doesn't help reduce your snoring at all you may want to consider consulting a specialist doctor.

**STOP USE-** in case of skin/mucosal irritation. Do not exceed recommended duration of use. Seek medical attention for abnormal breathing patterns during sleep, daytime sleepiness, difficulty in breathing etc.

**THIS PRODUCT IS NOT INTENDED FOR USE BY CHILDEREN 5 AND UNDER**

**WARNING  
CHOKING HAZARD - Small Parts. Keep out of reach of children under 3 years.**