

****ZQuiet Sleep Instruction Template****

****ZQuiet Usage Instructions****

1. **Preparation:**

- Ensure the ZQuiet device is clean and dry.
- Read all instructions carefully before use.

2. **Fitting the Device:**

- Place the ZQuiet mouthpiece in your mouth.
- Adjust for comfort; it should fit snugly without causing discomfort.

3. **Before Sleep:**

- Rinse the ZQuiet device with water.
- Insert the mouthpiece approximately 30 minutes before bedtime.

4. **During Sleep:**

- Allow the device to work while you sleep.
- Try to sleep in a position that keeps your airways open.

5. **Post Sleep Care:**

- Remove the ZQuiet device upon waking.
- Rinse it thoroughly with warm water and a mild soap.
- Store it in a clean, dry place.

6. **Usage Frequency:**

- Use the ZQuiet device nightly for optimal results.
- Monitor for any discomfort and make adjustments as needed.

7. **Consultation:**

- If you experience persistent issues, consult with a healthcare provider.

****Note:**** Always follow the manufacturer's guidelines and consult with a professional if unsure.