

## Nasal Actuator and Nasal Actuator AT (Adjustable Tension)



**Keep out of the reach of children**



**Keep away from infants**



**Keep away from household pets**



**Do not expose to direct sunlight**



**Store separately from household chemicals**

## Warning

- Do not share your Nasal Actuator with anyone.
- Inspect your Nasal Actuator before using: do not use if it is damaged.
- Use a new Nasal Actuator every 24 hours as repeated use of the same product can lead to material failure, which could cause injury.
- Do not attempt to force the arms of the Nasal Actuator further apart.
- Make sure you do not contaminate the Nasal Actuator after unwrapping it – many household products and cosmetics may damage it, and may irritate the delicate lining of your nose.
- Do not share a bed with anyone who is a very restless sleeper due to the risk of the Nasal Actuator being knocked further into your nose.
- Do not use when undertaking any physical activity (walking, running and so on).
- If you suffer any adverse effects after using the Nasal Actuator, stop using it and if necessary consult a doctor.

The Nasal Actuator is **not** suitable for:

- Children under 15 years of age unless prescribed by a doctor.
- People who are prone to nose bleeds.
- People who have suffered or are recovering from nasal trauma (for example, an operation or accident).
- People who are unable to insert the unit themselves due to any mental or physical handicap.

The Nasal Actuator AT is an adjustable-tension version of the Nasal Actuator. All instructions relate to both the Nasal Actuator and the Nasal Actuator AT unless otherwise specified.

## What is the Nasal Actuator?

The Nasal Actuator is a 'get to sleep' aid, to be used when a cold, other infection or condition is making breathing through your nose difficult. It is designed to be inserted into a single nostril and comes in two sizes.

## Storing your Nasal Actuator

- Keep your Nasal Actuator inside its packaging until you are ready to insert it.
- Store in a cool dry place, out of the reach of children and animals.

## Choosing the correct size

The only certain way to choose the correct size is to try one and see how effective it is. The size of your nostrils will give you some idea of which is the most likely size for you.

- If the unit is too small, it cannot open your airway properly.
- If the unit is too big, it will protrude too far from your nose, and be uncomfortable to wear. The product may also not sit properly between the septum and outer nostril.
- You have the correct size when the safety protrusions are clear of your nostril (see diagram 1) and you notice a significant improvement with your nasal breathing.

## Before inserting the Nasal Actuator

- 1 Gently blow your nose with a clean tissue.
- 2 Check each nostril in turn to see which one is currently letting in more air. To do this, close one nostril at a time and take a deep breath through your nose. The one letting in most air is the target nostril.

**Note:** If you are not sure which one is the target nostril, try both (one at a time). Leave it in the one that helps you breathe more easily.

- 3 If necessary, dry the inside of the target nostril using a clean tissue.
- 4 Wash your hands.
- 5 Remove the Nasal Actuator from its packaging and check it carefully for any signs of damage.

## To insert the Nasal Actuator

1 Twist the horizontal bar that is holding the arms apart to remove it. Discard the waste material safely.

2 Squeeze the arms of the Nasal Actuator together (diagram 2).

3 Holding the end of the Nasal Actuator and keeping the arms of it squeezed together, insert it into the target nostril. You may need to use both hands.

Insert the Nasal Actuator as far as is comfortable.

**Note:** You can decrease the tension on the Nasal Actuator AT (only) by squeezing the arms tightly together near the joint (see diagram 3). You cannot, however, increase it again. If you have squeezed the Nasal Actuator too much, you will have to start again with a new one and squeeze this one less tightly.

**Caution:** Do not push the Nasal Actuator too far up your nose. The safety protrusions half way up the arms of the unit should not pass the edge of your nostril.

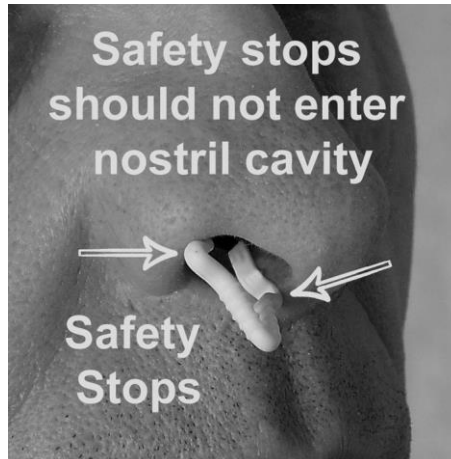
4 Twist the Nasal Actuator so that one arm is pushing against the septum (the middle of your nose) and the other against the side of your nostril. This widens the air passage. A slight bulge should appear just below your eye socket (see diagram 4).

If the unit slips out of position then no improvement in the airway will be achieved (see diagram 5).

### During the night

- You may find that the Nasal Actuator falls out while you are asleep. This is perfectly normal. You may choose to reinsert the Nasal Actuator. If you do, check which is now the target nostril as this may have changed.

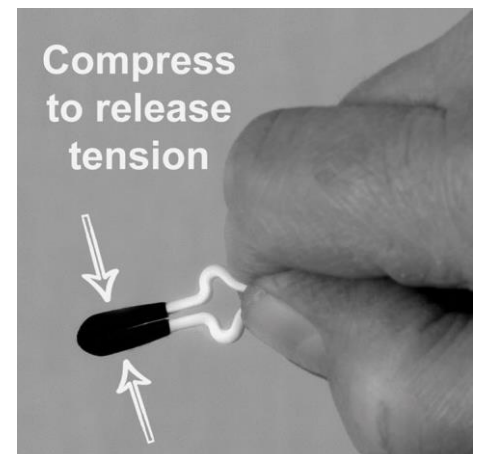
- If you wake in the night, you may feel that the Nasal Actuator is not as effective as it was. This may happen if the other nostril is now the one clear of mucus. If so, simply move the Nasal Actuator to the other nostril.



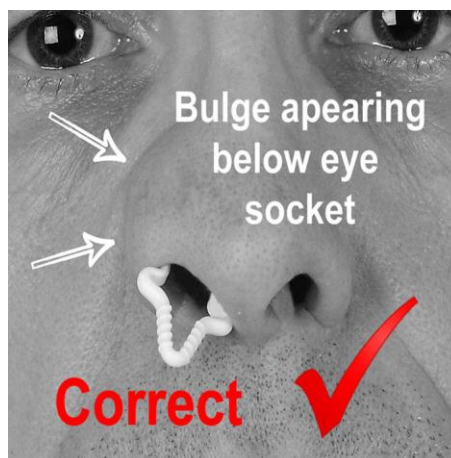
1 Close up of safety protrusions clear of nostril.



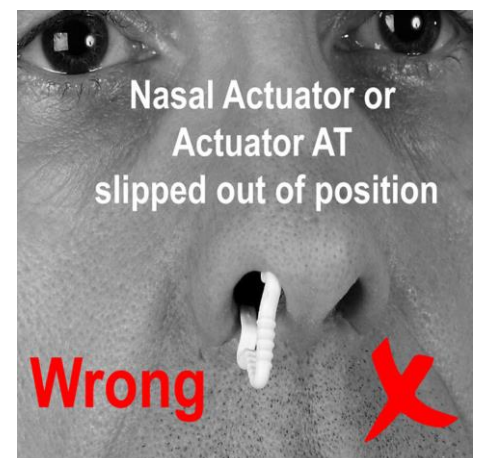
2 Nasal Actuator with arms pinched together.



3 Nasal Actuator AT (only) with arms compressed to reduce tension.



4 Nasal Actuator in correct position.



5 Nasal Actuator in wrong position.

## Questions and answers

### 1 Why do I have to check which nostril is letting in more air?

In most people, the two nostrils take it in turns to produce mucus. This mucus and the slightly swollen lining of the nostril reduce the amount of air that can pass through it. Inserting a Nasal Actuator into the nostril currently producing mucus is not as effective (as the mucus and swelling are blocking the air flow anyway) as inserting it to widen the clear nostril. This is why you should put the Nasal Actuator into the nostril that is letting in *more* air.

### 2 Does this taking turns (the nasal cycle) happen in everyone?

It's difficult to be certain. It definitely happens in most people, but we don't really understand why. Some experts believe that the mucus is keeping the internal part of the nose clean, reducing the chance of infection, and that the nostrils do this one at a time so we get enough air into our lungs. Others believe that this process is to do with our sense of smell – that we smell things better through the nostril that is letting the air in more slowly and is moist.

### 3 How often does the change from one nostril to the other happen?

This varies, but every 4 to 6 hours is quite common.

### 4 How long does the switch take?

It can take anything up to 45 minutes for the complete switch over from one nostril to the other to take place.

### 5 I'm not sure which nostril is the target nostril – what should I do?

Your nasal cycle may be in the process of switching from one nostril to the other. If you can't feel any difference, you can insert a Nasal Actuator in each nostril.

### 6 I have a very heavy cold – does that make a difference?

If you are using the Nasal Actuator to help you fall asleep when you have a cold, the principle is exactly the same as before. However, a build-up of catarrh high in the target nostril may neutralise the effectiveness of the unit. In this case, you may get greatest relief by using two Nasal Actuators – one in each nostril. You may notice this especially during the recovery phase of a cold.

### 7 What happens if I accidentally push the Nasal Actuator too far up my nose?

If you accidentally push the Nasal Actuator too far when inserting it, it will be uncomfortable and can be pulled out a little. The Nasal Actuator cannot move higher in your nose by itself, and it is not possible for it to get into your airway beyond your nose area.

You should still be able to remove it yourself. If you are unable to do so for any reason, your doctor will be able to remove it for you.

## General hints and tips

- If you sleep on your side, lie on your right side if the Nasal Actuator is in your left nostril and on your left side if it is in the right nostril. This may help sinus draining.
- Making tiny adjustments to the position of your Nasal Actuator can make a big difference to its effectiveness.
- You may need some time to get used to your Nasal Actuator before you feel the full benefit. Initially it may be uncomfortable to wear, depending on the sensitivity of the inside of your nose.

## Troubleshooting

### 1 My Nasal Actuator does not stay in the correct position between my septum (the middle of my nose) and the outer nostril wall.

Cause a) The inside of your nostril is too damp.

Corrective measure: dry the inside of that nostril with a clean tissue.

Cause b) It could be that the Nasal Actuator is the wrong size.  
Corrective measure: try a different size.

## **2 My Nasal Actuator does not help me to breathe through my nose.**

Cause a) It could be that you have the Nasal Actuator in the wrong nostril.  
Corrective measure: insert the Nasal Actuator in the other nostril.

Cause b) It could be that your Nasal Actuator is not sitting correctly between the septum and the nasal wall.  
Corrective measure: try repositioning the Nasal Actuator according to the instructions, checking the diagram showing the Nasal Actuator in place.

Cause c) It could be that your Nasal Actuator is not being positioned high enough in your nasal cavity.  
Corrective measure: Try to insert the Nasal Actuator higher into your nostril, but make sure:

- You are able to grasp the end of the Nasal Actuator at all times.
- You do not push it past the safety protrusions.
- It is not painful or uncomfortable.

Cause d) You may have some mucus or catarrh present in your target nostril.  
Corrective measure: Try lightly blowing it out onto a clean tissue, or try using the Nasal Actuator with our aromatherapy sinus balm.

Cause e) It could be that your nasal cycle is in the process of switching so there is no target nostril at present.  
Corrective measure: wait for up to 45 minutes, or try inserting a Nasal Actuator in both nostrils to gain some relief immediately.

Cause f) It could be that your Nasal Actuator is too small.  
Corrective measure: Try a larger Nasal Actuator.