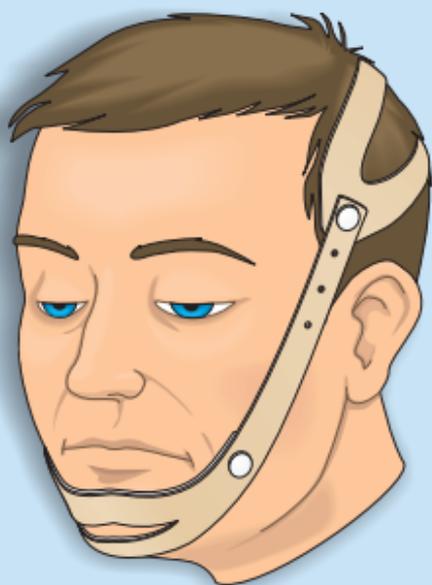


# ANTI-SNORING STRAP

USE AND CARE INSTRUCTIONS  
FOR PRODUCT #6200

**LATEX-FREE**



*„Silence is  
truly golden”*



## WHAT IS SNORING?

Snoring is a harsh or rattling noise that is usually produced during deep sleep. The sound is produced when air inhaled through the mouth and vibrates the tissue in the roof of the mouth near the throat. As the soft tissue vibrates, the lips, cheeks, and nostrils can also vibrate, making the sound even louder.

Almost everyone snores occasionally, but men usually snore more often than women and children. Everyone knows this problem, as snorers themselves or as involuntarily listeners. In either case, the results are undesirable.

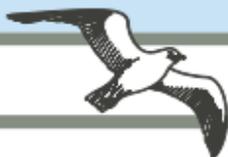


## SNORING IS UNHEALTHY

An estimated one in every 30 to 50 adults has sleep apnea, a condition in which breathing is repeatedly interrupted during sleep.

In one form of sleep apnea called obstructive sleep apnea, the muscles that hold open the airway relax, causing the breathing passage to collapse. When oxygen levels in the blood become too low, the person wakes briefly to take a gasping breath, which sounds like a loud snort.

People with this condition do not remember these short awakenings and often assume that they have slept through the night. As a result they may not understand why they develop excessive daytime sleepiness.<sup>†</sup>

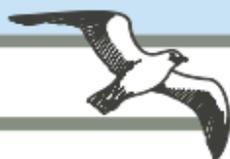


## HEART DANGER!

Due to a lowered oxygen supply, the heart must work harder. For persons with heart disease, snoring can be dangerous.

An increased demand on an unhealthy heart causes the heart to beat quickly so that it awakens the person sleeping. The person often finds themselves drenched in sweat with a heart beating rapidly. Excessive palpitation is often attributed to dreaming, but that is not usually the case. The actual cause is snoring.

† Sleep apnea, courtesy of Michael M. Stevenson, Ph.D., DABSM, Clinical Director, Comprehensive Sleep Disorders Institute. All rights reserved.



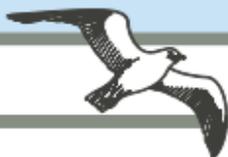
## HEALTHY SLEEP

Healthy, quiet and restful sleep is possible with the Urocare<sup>®</sup> Anti-Snoring Strap. It helps snorers and saves others from torment.

It's made from a soft, pliable rubber and padded with a fine cotton/foam laminate to reduce sweating for a more comfortable.

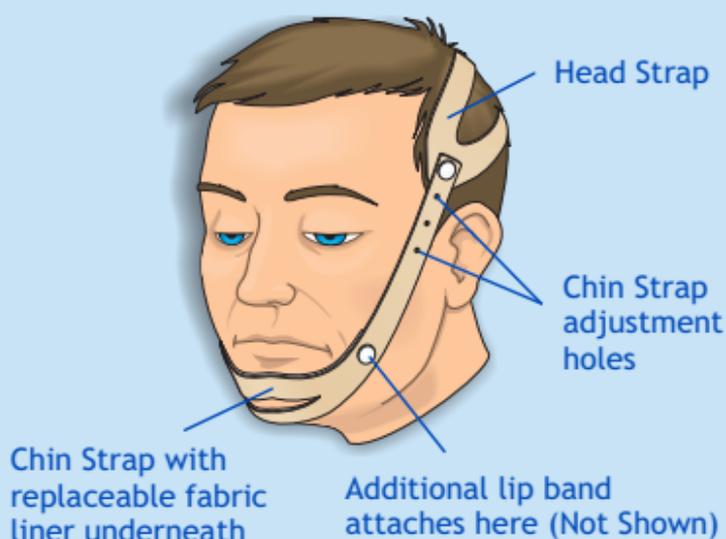
Through gentle training, the lower jaw remains closed during sleep.

Every snorer should in their own interest, but also with regard for his fellow man use the Urocare<sup>®</sup> Anti-Snoring Strap.

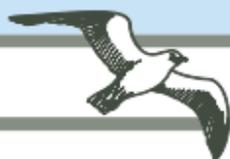


## USE INSTRUCTIONS

Grasp the Anti-Snoring Strap with both hands at the sides of the head strap, put the chin strap with the fabric section under the chin and pull the Strap over the head—see below.



The additional Lip-band should only be attached and worn when the upper lip does not close properly. The Anti-Snoring Strap works best when it is not too taut.



## CARE INSTRUCTIONS



Machine wash cold—gentle/delicate  
Machine lavage froid—doux/délicat  
Machine wäsche kalt—leicht/empfindlich  
Máquina Lavado en frío—suave/delicado



Do not bleach  
Ne pas blanchissez  
Nicht bleichen  
No usar blanqueador



Do not tumble dry  
Ne pas déringolez sec  
Nicht im Trockner trocknen  
No secar en secadora



Do not wring  
N'extorquez pas  
Nicht aus pressen  
No retorcer



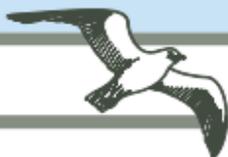
Dry in shade  
Sécher à l'ombre  
Im shaten trocknen  
Secar en la sombra



Do not iron  
Ne pas repassez  
Nicht bügeln  
No planche



Do not dryclean  
Ne pas nettoyer à sec  
Nicht chemisch reinigen  
No tintoreria.



## ALSO USEFUL AS A COSMETIC BANDAGE

It has also been shown through clinical practice that the Urocare<sup>®</sup> Anti-Snoring Strap can be used as a cosmetic bandage. During use, the strap prevents the approach of the jaw to the neck during sleep and aids in the prevention of what is more commonly known as a “double chin.”

For more information please contact us at 1-800-423-4441 or visit us on the internet at [www.urocare.com](http://www.urocare.com). To place and order, please contact your health care supplier.

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