



Instructions for Mouth Taping

The sheets in this package are hypoallergenic and of surgical quality. They have the following features, which make them a useful item for helping to reduce hyperventilation at night:

- Good adhesion
- Moisture resistant so even if you get wet lips it will still stick
- Air does not flow easily through it but it does 'breathe'

The instructions for use are as follows:

1. Cut or tear the strips into appropriate sized pieces for you. Always use while sleeping unless you are sick to your stomach and vomiting, are taking sleeping pills, or have consumed excessive alcohol.
2. Fold a tab on one or both ends for easy removal. Put sticky to sticky about $\frac{1}{4}$ inch.
3. Because of the high quality of this product, the tackiness increases after application. To reduce this effect, apply the tape to the back of your hand or forearm several times (start with 5 or 6 times and go up or down from there) before applying it to your mouth. Place it either vertically, diagonally, or horizontally as desired.
4. Pull gently to remove. **Do not rip off quickly.** Wash face in warm water to remove completely.
5. Discontinue use if a reaction occurs. Do not use if unable to remove it by yourself.

STORE IN A COOL DRY PLACE and keep supply nearby in a place that you typically fall asleep such as your bed, recliner, sofa, in the passenger seat of a car, etc.

All parties involved in the manufacture and distribution of this product assume no liability for its use.

Other Considerations:

- Taping the mouth is not suitable for children under 5.
- Do not use if you have consumed copious amounts of alcohol or are feeling nauseous.
- It is possible that some people may, very reasonably, experience a feeling of panic at the very thought of having their mouth taped. To help overcome this, it may be helpful to put the tape on half an hour before going to bed. This should be enough time to become used to the tape and to overcome any nervousness. For the first few nights wearing the tape will feel a little strange. It may come off during the night, but at least you will have spent some hours breathing through your nose.
- Continue to wear the tape until you have managed to change to breathing through your nose at night. How long this takes will vary with the individual.