

## PLEASE READ BEFORE USE

MYOTAPE does not cover the mouth. It surrounds the mouth, bringing the lips together with light elastic tension to help maintain lip closure and ensure nasal breathing. The elastic tension serves as a continuous reminder to keep your lips together. If you open your mouth to breathe, you will feel the tension applied by the tape. This will remind you to close your mouth and resume nasal breathing.

The tape is made of cotton, and the glue is hypoallergenic and especially made for the skin.

You are free to open your mouth at any time, meaning you can still communicate effectively while wearing the tape. The tape is a training support to restore nasal breathing patterns both during wakefulness and sleep. To change behavioral patterns, it is recommended that you wear the tape for 60 to 90 days.

Please read the following instructions prior to using MYOTAPE:

- Never use MYOTAPE if you have consumed alcohol, drugs or prescription sedatives. Do not use MYOTAPE with any person who is unable to remove the tape by themselves.
- Do not use if you have an upset stomach or may vomit.
- MYOTAPE is to be worn during sleep and can be used while awake for up to two hours per day for extra support. Use during sport to maintain nasal breathing.
- MYOTAPE can help improve CPAP compliance. If you have a sleep disorder such as obstructive sleep apnea, please consult with a medical doctor prior to wearing the tape during sleep.
- Use MYOTAPE in conjunction with breathing exercises for best results.
- If you have a deviated septum or find it difficult to breathe through your nose, use MYOTAPE with NasalDilator for easier nasal breathing (see [NasalDilator.com](http://NasalDilator.com)).

Instruction:

- Remove paper backing from MYOTAPE
- Gently stretch the tape by about 20%
- Bring your lips together
- Place the tape surrounding your mouth
- Remove tape gently after wearing

Visit [MYOTAPE.com](http://MYOTAPE.com) for further information.

Important: Please remove MyoTape gently after use. Every care is taken to ensure that MyoTape is hypoallergenic. However, if you develop skin irritation from wearing the tape, please take a break from using the tape for a day or two. If irritation continues, please discontinue use.