

# mu:te

BREATHE MORE  
SNORE LESS  
SLEEP BETTER

## SIZE MATTERS.

Your nose is as unique as your finger print so we have created a sizing guide to help you select the right Mute for you.

Simply print out this page and carefully cut around the dotted line of a sizing guide and follow the steps below to size your nose.

When printing, select '**Actual Size**' under page sizing options to ensure guides are printed to scale.

**TIP:** Generally, as men are either medium or large and women are either small or medium, we recommend that you cut out the medium guide first.



**1** If you're unsure which size to start with, cut out the medium sizing guide.

Then with the colored side facing away from you, position the sizing tool under your nose.

**2** For a good fit, the black tip should be located at the crease line. In this example, **Mute Medium** would be the right size.

**3** If the black tip is above the crease line, you are most likely **Mute Small**.

If below this crease line, you are most likely **Mute Large**.

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**Please note that this is a guide only.** The external size of your nose is not always representative of the internal anatomy. A pronounced deviation or internal scar tissue caused by an injury may mean that you cannot fully insert the size indicated by the guide. You may need to choose one size smaller than indicated.

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To confirm, cut-out the other size guide and follow step 1 & 2 again.

Once you know your size, buy your Mute Pack containing 3 devices and follow the fitting instructions inside the box.

AFTER PRINTING, THE SCALE IS CORRECT IF THIS LINE \_\_\_\_\_  
MEASURES 37MM (1.46")

