

## FAQs

Further information regarding the use of this device can be found on our website.



[snoozeal.com/faqs](https://snoozeal.com/faqs)

We are eager to hear your about your progress. Please let us know your feedback by emailing [info@signifiermedical.com](mailto:info@signifiermedical.com)

Prof. Dr. Anshul Sama, Chief Medical Officer, Inventor  
SIGNIFIER MEDICAL TECHNOLOGIES

046 000 000

August 2020



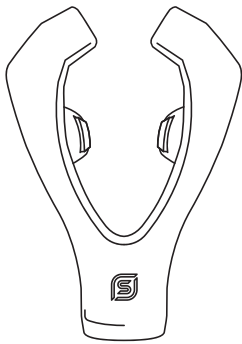
# Snoozeal

## Quick Start Guide

[www.snoozeal.com](https://www.snoozeal.com)

### 1 What is in the box

Mouthpiece



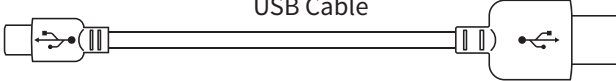
Control Unit



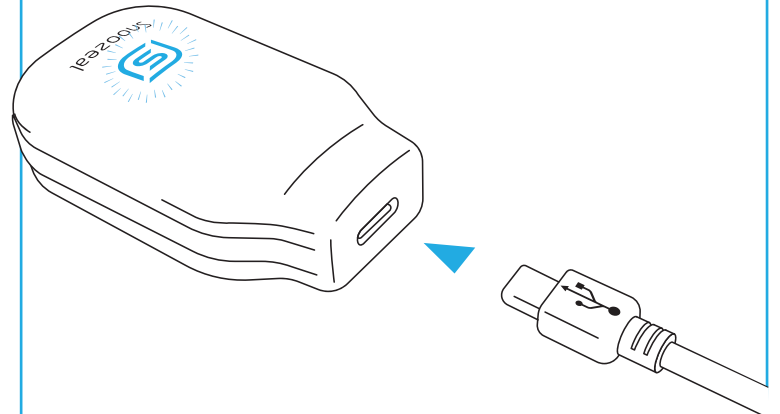
Cleaning cap (please retain)



USB Cable



### 2 First charge



Only use the USB cable provided.

When charging the blue light will flash, if this does not happen try another adapter. If the problem persists, please contact us.

### 3 How to connect

1

Download the Snoozeal app and sign up

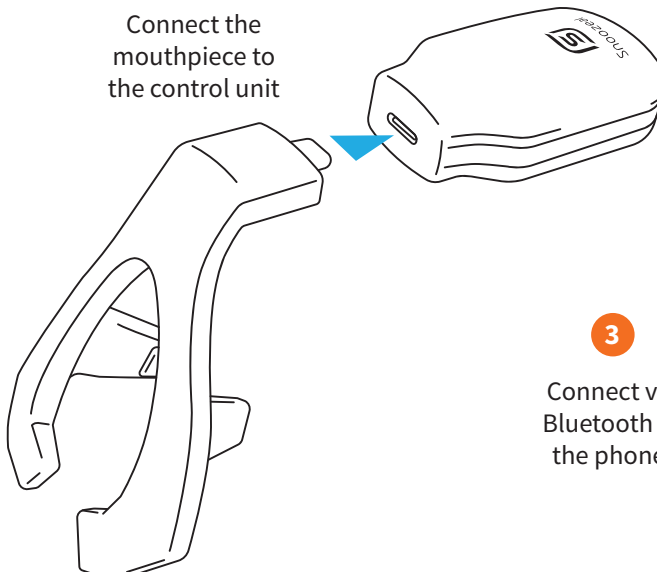


Available on the  
App Store

ANDROID APP ON  
Google Play

2

Connect the mouthpiece to the control unit



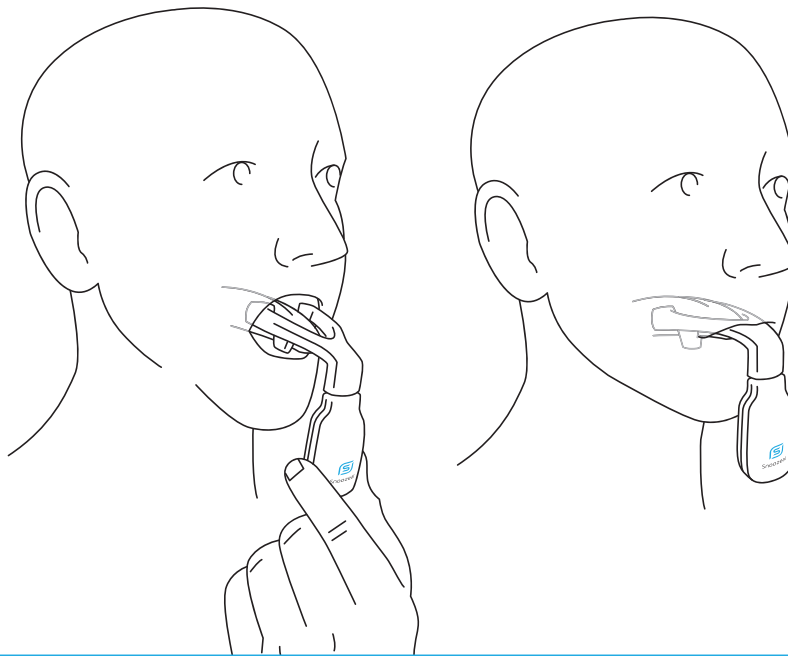
3

Connect via Bluetooth to the phone.



## 4 How to place the device on your tongue

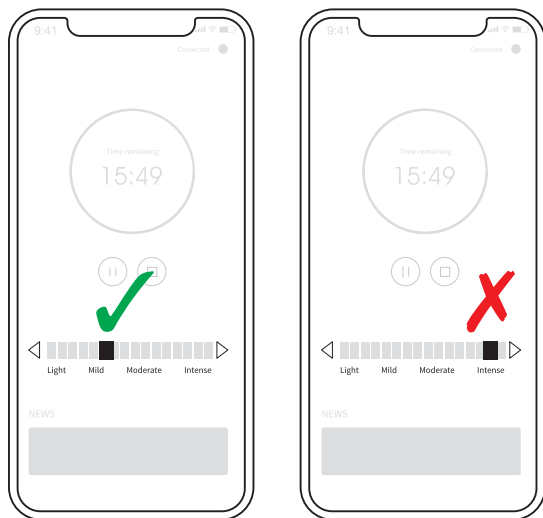
Insert the mouthpiece into the mouth and allow it to sit around the tongue and gently close your mouth.



Avoid grinding or clenching the mouthpiece.

**Remember:**  
Disconnect the mouthpiece from the control unit after each therapy session and replace the cleaning cap.

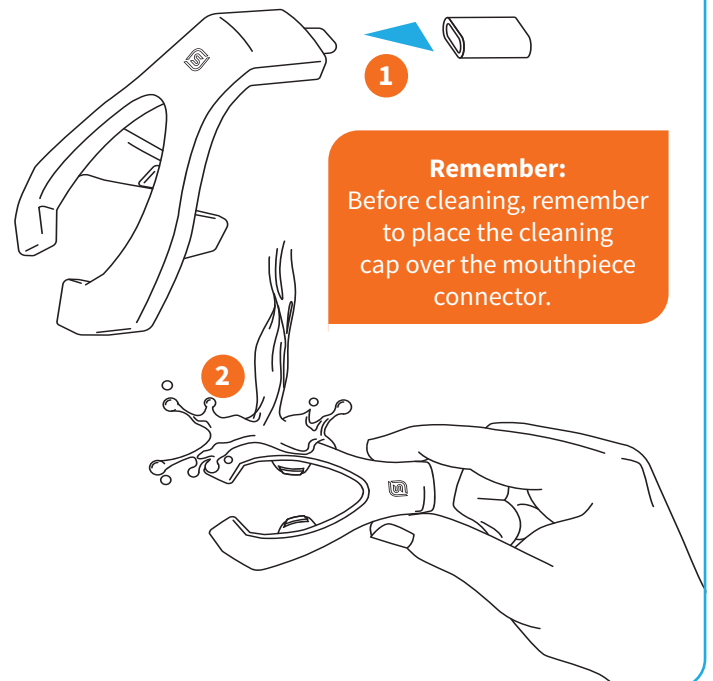
## 5 Selecting the correct intensity



**Remember:**  
To start, select the highest comfortable intensity level.

Higher levels will not speed up results.

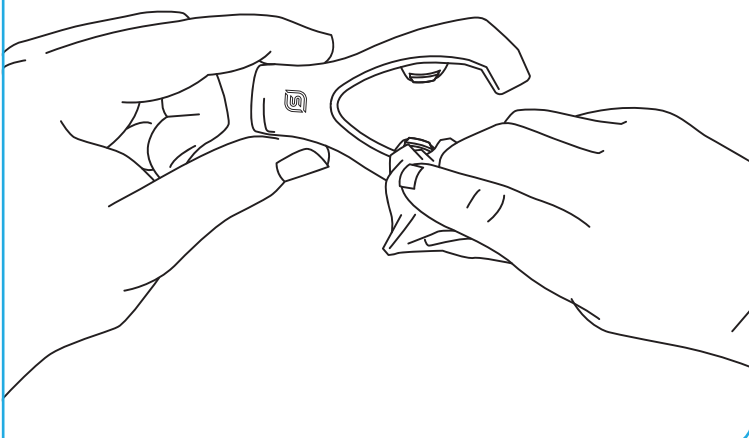
## 6 How to clean



**Remember:**  
Before cleaning, remember to place the cleaning cap over the mouthpiece connector.

## 7 If you salivate

It is normal to salivate when using this device, but this will decrease in time. You can quickly wipe this clean during your 20 minute therapy.



## 8 How do I know it's working?

You can monitor the improvement in your sleep by using the mobile application. After four weeks of therapy, you should feel an improvement.

