

# SIZE DOES MATTER

That's why we make two sizes – so everyone can get the maximum relief from snoring and nasal congestion. It's easy to figure out which *Breathe Right*® nasal strip your nose needs.



  
**Breathe Right**®  
Nasal Strips

## Instructions

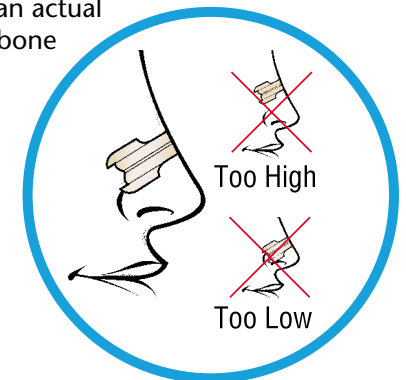
The instructions for choosing the right size *Breathe Right*® nasal strip are as plain as the nose on your face. Here's how to try one on for size.



### What To Do

1. Cut out the template along the dotted lines
2. Stand in front of a mirror
3. Hold the template against your nose – right where you would correctly position an actual *Breathe Right* nasal strip, below the bone and above the nostrils.

(See diagram for best placement and fit)



### Sizing Up Your Strips

- SMALL/MEDIUM**  
Choose *Small/Medium* if the shorter length [A] covers your nose and the longer length [B] extends to your cheek area (*HINT: 75% of adults fit this size*)
- LARGE**  
Choose *Large* if the longer length [B] spans your nose without touching your cheek area