

GET LOST IN  
YOUR  
*Dreams*

Have a more restful nights sleep  
with Provox Life<sup>™</sup> Night HME



Provox Life™ Night HME has been specifically designed for nighttime use. It has a range of benefits, which include:

### Great for lung health

Provox Life Night HME is designed to give you the best possible humidification overnight, whilst still being comfortable to breathe through whilst sleeping. More humidification means happier, healthier lungs and can result in less coughing and less mucus production.

### Comfortable for sleep

Provox Life Night HME is designed to be soft and smooth for nighttime comfort, giving you the best chance of a restful night's sleep! The HME has openings on each side to prevent one side being covered by bedsheets, and you can still say 'good night' by covering the openings to speak.

### Clinically proven

A recent clinical study showed that Provox Life leads to a reduction in the number of nights during which sleep medication was used\*. It also helped people to wear an HME for more hours per day, which can lead to a range of lung benefits.

\*Longobardi et al, 2022





## Breathing comfortably with **Provox Life Night HME**

If you have been using an HME at nighttime before, you may not notice much difference when switching to the Night HME.

If you have been wearing a Provox Life Go HME at night, you might feel that Night HME has more resistance to breathe through, but your body will likely adjust fairly quickly.

Provox Life Night HME may feel harder to breathe through and may take some getting used to. It is worth persevering, as the Night HME delivers some great benefits to lung health in comparison to your current system.





### Three tips for breathing comfortably:

- 1 Apply your Night HME when you are feeling calm and relaxed. For example, when you get in to bed. Take slow, calm breaths. If you apply the HME when you are moving around the house, getting changed for bed, or in a very humid bathroom, you may feel that it makes you feel breathless, so it is best to apply when you are relaxing at bedtime. Try applying Night HME an hour or two before you go to bed, so you get used to how you are breathing with the HME.
- 2 If you are not used to wearing Provox Life Night HME whilst sleeping you may find that it feels more difficult to breathe through. If you find breathing difficult, remove Night HME for a few minutes, and then attach it again. This may help you get used to having a little more breathing resistance at night.

- 3 Practise some simple breathing exercises. Breathing exercises can help to make breathing through an HME feel easier and more comfortable.
  - Breathe in slowly, for a count of 3, allowing the air to travel right down into your stomach.
  - Rest a hand on your stomach if you want to, so that you can feel it inflate with air as you breathe in.
  - Now breathe out slowly for the count of 3, feeling the air leaving your stomach.
  - On the next breath, try breathing in for 4 counts, and out for 4 counts. Then breathe in for 5 counts and out for 5 counts.
  - Try slow, controlled, deep breathing.



## Coughing typically improves over time

Some people find that they experience higher volumes of mucus in the first few days. This usually gets better quite quickly – most people find that they are coughing less and producing less mucus within 2 - 6 weeks of using an HME 24 hours per day.

Keep track of when you are wearing your Provox Life Night HME whilst sleeping, and each morning assess how you experienced your night's sleep – you may see an improvement!



Number of evenings	Excellent	Good	Average	Poor
1	☾	☾	☾	☾
2	☾	☾	☾	☾
3	☾	☾	☾	☾
4	☾	☾	☾	☾
5	☾	☾	☾	☾
6	☾	☾	☾	☾
7	☾	☾	☾	☾
8	☾	☾	☾	☾
9	☾	☾	☾	☾
10	☾	☾	☾	☾
11	☾	☾	☾	☾
12	☾	☾	☾	☾
13	☾	☾	☾	☾
14	☾	☾	☾	☾

“Provox Life Night has helped me sleep better with less coughing at night. I still cough, but nowhere as much as before. I find it easier to settle down at night.”

- Provox Life™ Night User





## I would like to receive a free sleep mask

Use Provox Life Night HME together with your free eye mask to help you delve into a deeper night's sleep. Contact your Customer Care Representative if you would like to receive a complimentary eye mask or email [info@atos-care.co.uk](mailto:info@atos-care.co.uk).

\*No purchase or prescription is necessary. The complimentary eye mask is subject to availability whilst stocks last and will be sent with your next order. Please note eye masks are restricted to one per person and are a complimentary item from Atos Care.

**FREE**  
sleep mask



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[www.atos-care.co.uk](http://www.atos-care.co.uk)