

Relax your body. Remove the rubber mouthguard from the device. Hold the device in one hand placed in your mouth keeping the device at an angle either level or towards your nose. You will find an optimal angle over time.

- Inhale slowly through your nose and hold your breath for 1 to 2 seconds. Exhale slowly for as long as possible. Do not bulge your cheeks when exhaling, keeping your cheek muscles tense. This is essential for (PEP) Positive Expiratory Pressure of the device. Hold your other hand on your cheek when exhaling to ensure that the muscles are tight.
- You should feel a noticeable vibration in your chest. Raise or lower the device, adjust to optimal position.
- After exhaling through Kan-Breathe™ for 2 to 5 minutes you will feel an excess of mucus in the back of your throat. Simply cough to expel the mucus into a handkerchief or tissue. If not continue to use Kan-Breathe™ up to 10-15 minutes and cough or swallow the mucus.
- In general, it is recommended to use Kan-Breathe™ twice a day, once in the morning and once in the evening. To avoid excessive fatigue, the duration of each application depends on your health and age.
- Kan-Breathe™ comes with a small and large ball. We recommend children from 7 years old and people with poor lung health use the small ball at 1st and move onto the large ball over time. In general, most people should find the large ball sufficient. For children aged 7-12 years, adult supervision is required.
- For any more questions please don't hesitate to contact Kan-Breathe™ Australia info@kanbreathe.com.au
- Kan-Breathe™ Australia recommends that you consult your healthcare professional before using this product.