



### **A Patient's Guide to Getting Started with SleepTite/SleepRite™**

**SleepTite/SleepRite™** is a non-pharmaceutical, mechanical, therapeutic treatment that is used to address the root cause of the inflammation in your eyes. Studies have shown that by using **SleepTite/SleepRite™** patients can get relief from the discomfort caused by their eyelids not closing properly during sleep.

The proper placement of **SleepTite/SleepRite™** on your eye will be critical to your success with the product. If you are not accustomed to having your eyes occluded at night it is best to start using **SleepTite/SleepRite™** on **one eye**, until you are comfortable and readily capable of handling its removal and replacement on the eye in the event you have to get up during the evening. Most eye doctors will start the patient off using **SleepTite/SleepRite™** on the eye that bothers them the most, and have them do that for at least 30 days. This will give you ample time to work out your nighttime routine and also give you experience with the continued proper removal and replacement of the eye seal during actual nighttime use. If you are a patient used to using other products that occlude both eyes, you should still only start using **SleepTite/SleepRite™** after you have practiced removing and subsequently reapplying at least one of the devices when you need to get up at night.

### **Using SleepTite/SleepRite**

1. Thoroughly clean around the upper and lower eye lids and dry prior to applying **SleepTite/SleepRite™**.
2. You should NOT use any gels or ointments prior to putting on the **SleepTite/SleepRite**. The use of gels or ointments can cause the device to lose adhesion during sleep. If you are only using the device on one eye, you can use any recommended medications in the other eye.
3. Once you apply the device on your eye check to see if you are able to see light or a blurry image through **SleepTite/SleepRite™**. This would indicate that the eye is not completely closed and the device must be reapplied. The reapplication should include more firmly closing the eye and at the same time raising the tissue/skin of the upper eye lid so that the **SleepTite/SleepRite™** is not adhered to any redundant skin.
4. Keep the card from which you removed the **SleepTite/SleepRite™** on your nightstand. If you need to get up you can remove the device and gently place it with the adhesive side down. Simply put the eye seal back on when you return to bed.
5. Typically the patient will place **SleepTite/SleepRite** on so the tab is located temporally as this is the easiest application to then remove when you awake. If you are dislodging **SleepTite/SleepRite** while sleeping try using the device by placing the tab nasally.
6. To remove the **SleepTite/SleepRite™** simply grasp the tab and gently pull towards the opposite direction to where the tab is positioned.

**These and other helpful tips and information can be found at:**

[www.eyesleeptite.com](http://www.eyesleeptite.com)