



The Benefits Of Nasal Breathing

Improve Sleep. Reduce Stress. Boost Endurance.





You're all stuffed up and can't breathe through your nose. Maybe it's chronic congestion or acute congestion from allergies or illness. Either way, you're looking for a better way to breathe through your nose again.

Are you having trouble falling asleep because your nose is stuffy? Do you wake up with congestion throughout the night or every morning? Do you have trouble breathing, especially when you exercise?

If your answer is yes, you're not alone! Millions of people struggle to breathe, relying on nasal sprays, pills, or nasal irrigation to simply breathe, as they're meant to, through the nose!

We've all been there, wasting away in our congestion, fondly remembering a simpler time when our nasal passages were clear, wondering how we ever managed to take breathing so for granted.

While there is no term for this particular feeling of remorse in the English language, we coined the term '*nosetalgia*'. See if you agree that it is an appropriate fit:

Nose·tal·gia

Noun

A sentimental longing for a clear nasal passage, often felt during times of great nasal obstruction

If you're tired of being stopped up, unable to breathe easily through your nose, or wondering how you ever managed to take breathing for granted for so long...these next few pages may be life-changing!

You'll discover the reasons you're stopped up, why it's so important to breathe freely through your nose, and how to clear congestion!

You've likely already tried over-the-counter remedies, possibly even prescriptions, from neti pots to nasal sprays and you're still stuffy and congested. You want a solution that works, long-term and without side effects.

There are many causes of congestion. We'll explore them here, and by the end, you'll know exactly how to prevent nosetalgia.

In this guide, we will cover:

- 1 Why Your Nose Is Stuffed Up**
- 2 Why You Feel So Bad When You Have a Stuffy Nose**
- 3 What Happens To You When Your Sinuses Are Congested**
- 4 Why Your Congestion Is Worse When Falling Asleep Or Waking Up**
- 5 Why Breathing Through Your Nose is so Important**
- 6 How a Simple Breathing Exercise Can Help Relieve Your Congestion**
- 7 How SinuSonic Can Replace Your Nasal Spray & Neti Pot**
- 8 How To Use SinuSonic To Clear Your Stuffy Nose**
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12 Reasons You Might Have A Stuffy Nose



If you are like most people, you've probably never thought about what causes your stuffy nose beyond the obvious generalities: allergies, cold and flu, or a medical condition. However, there are multiple reasons you may be experiencing congestion, so let's take a look.

01 Sinus Infection

A sinus infection is when the cavities around the nasal passages become inflamed, often caused or exacerbated by a cold or allergies.

02 Allergic Rhinitis

Allergies (aka allergic rhinitis) are a condition in which your immune system reacts abnormally to a foreign substance. Many allergies are seasonal (even regional), caused by allergens from trees, grasses, or when pollen counts are high. Other allergies are year-round caused by common dust or dust mites and mold. If you suffer from allergies, you know how miserable it can be.

03 Common Cold

A common cold is a viral infection of the nose and throat, often caused by various viruses or germs. This virus attacks the membranes of your nasal passages and sinuses which makes them swell up and causes your mucus production to go into overdrive!

04 Hormonal Changes

Hormones are chemical "messengers" that impact the way your cells and organs function. Your hormones are dynamic, which means they're ever-changing, and can shift due to factors such as stress, anxiety, or diet.

05 Nasal Polyps

Nasal polyps are noncancerous growths that occur on the linings of the sinus, often leading to congestion and nasal drip.

06 Deviated Septum

A deviated septum occurs when your nasal septum is significantly displaced to one side, making one nasal air passage smaller than the other.

07 Pregnancy

When pregnant, the body produces more blood and fluids which can cause swelling all over, including your nose. Let's face it, hormones are also all over the place causing tissues to swell, not the least, those in your face and sinuses.

08 Environmental factors

Perfumes, chemicals, dry air, and smoke are all environmental factors that can contribute to nasal congestion.

09 Nonallergic Rhinitis

Nonallergic rhinitis affects all ages but is more common after age 20. It causes chronic congestion, similar to allergic rhinitis, but without evidence of an allergic reaction or trigger.

10 Exercise Induced Rhinitis

25-50% of athletes report symptoms of exercise-induced rhinitis, only you don't have to be an athlete to suffer from the same symptoms. During exercise, your nasal passages can become inflamed leading to congestion, sneezing, and nasal itching.

11 Asthma

Asthma is a condition in which your lower airways narrow and swell, causing them to produce extra mucus. This is triggered by exercise and often leads to wheezing, congestion, and shortness of breath and is often associated with rhinitis and sinusitis of the upper airways.

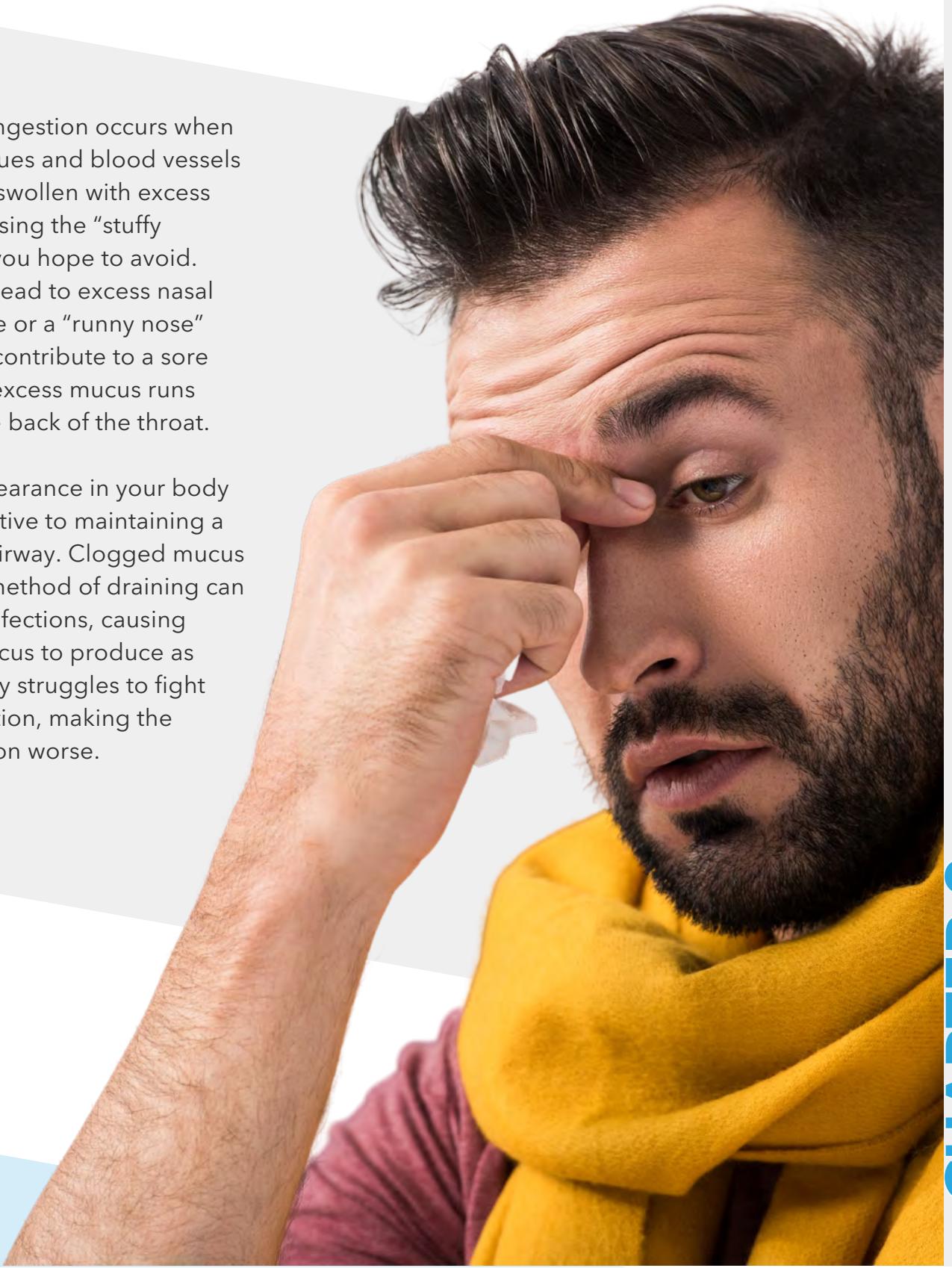
12 Sleep Apnea

Sleep apnea, or more commonly, obstructive sleep apnea (OSA), is a breathing and sleep disorder. During sleep the airway is partially or completely obstructed and causes difficulty breathing. People with chronic nasal congestion are twice as likely to have OSA. Many people diagnosed with sleep apnea and treated with CPAP complain of congestion, most likely caused by insufficient humidification or dirty air filters.

Here's What Happens When Your Sinuses Are Congested

Nasal congestion occurs when nasal tissues and blood vessels become swollen with excess fluid, causing the "stuffy feeling" you hope to avoid. This can lead to excess nasal discharge or a "runny nose" and can contribute to a sore throat if excess mucus runs down the back of the throat.

Mucus clearance in your body is imperative to maintaining a healthy airway. Clogged mucus with no method of draining can lead to infections, causing more mucus to produce as your body struggles to fight the infection, making the congestion worse.



Why Congestion Is Worse When Falling Asleep Or Waking Up

Nighttime congestion often worsens throughout the night and can leave you feeling clogged up and short of breath. In fact, you might not even notice you are congested until you lie down to try to get a good night's sleep. Or you might just wake up feeling stuffy and congested despite feeling clear the night before.

As you now know, congestion itself is caused by a fluid buildup in the tissue lining the nasal passages. You may notice more blockage at night or upon waking up for a number of reasons.



Lying Down

When you are standing or sitting throughout the day, the mucus from your nose and sinuses normally drains down the back of the throat undetected.

As you might suspect, laying down inhibits your body's natural process of draining mucus, leaving your sinuses stuck in a pool of mucus that builds up with no efficient channel to drain.

Try propping your head up on a pillow or sleep in an elevated position to help keep your sinuses open.

Increased Blood Flow

When lying down your blood pressure changes as the blood flow to the upper part of your body increases. When more blood flow is directed to your head and nasal passageways, the inflammation of vessels inside your nose can worsen and contribute to increased congestion.

Acid Reflux

Often known as heartburn, this is a condition often caused by Gastroesophageal Reflux Disease (GERD). Many people find their heartburn is worse at night because lying down prevents gravity from keeping the acids from traveling up the esophagus. Those acids can travel all the way up to your nose and sinuses, which can inflame and irritate the lining of your nose.

Your diet can be an important factor here, so be sure to stay away from certain foods such as spicy foods, foods with high-fat content, citrus fruits, onions, coffee, and cheese if you suffer from chronic reflux, especially before going to bed.

Dry Air

If you live in a place where the air is dry and low in humidity, your nasal passages dry up. This happens any time of the day, not just at night, but it's especially noticeable at night.

With low moisture in the air, your body takes this as a sign to create more mucus in an attempt to keep your sinuses healthy and free of bacteria. This increased mucus production causes nasal congestion throughout the night with no method of draining your sinuses when laying flat.

A simple mist humidifier in the bedroom can create a more humid environment, keeping your sinuses wet and hopefully clear of blockage throughout the night.

Why You Feel So Bad When You Have A Stuffy Nose

Effects on Other Senses

The hindrances of nasal congestion goes well beyond your nasal cavity. The facial pressure caused by clogged sinuses can lead to a feeling of fluid trapped in your ear, with no method of clearing or 'popping' your ears.

In addition to symptoms commonly affiliated with allergies or the common cold, nasal congestion can contribute to your eyes feeling puffy and swollen, and because sinuses are located behind the inner corners of your eye, the built-up pressure of a sinus infection can hamper your vision and even lead to eye infections.



Sinus Headaches

Sinus headaches are brutal. They can cause constant pain and pressure in your cheekbones, forehead, and along the bridge of your nose. The pain may increase when you move your head quickly or suddenly. Sinus headaches are caused by a build-up of pressure in your sinuses, and can be exacerbated or triggered by an infection or allergic reaction.

Sleep

Congestion tends to worsen throughout the night, as your sleeping positions make it difficult for your sinuses to drain mucus. This can lead to a nasty morning headache caused by a buildup of sinus pressure. If you have sleep apnea and use a CPAP device, the effect may be even more pronounced.

Nasal congestion can impact your quality of sleep, forcing you to stay awake while leaving you with a sinister promise to ruin your tomorrow before it even begins.

Likely, you've experienced all of these symptoms at some point in your life. While the effects of nasal congestion are clear to anyone who has had a stuffy nose, the adverse health effects of breathing through your mouth are often overlooked.

Why You Need To Breathe Through Your Nose

Your nose has taken millions of years to develop into an effective breathing apparatus. A simple case of nasal congestion can make the natural breathing process unnecessarily difficult and can negatively affect your overall health.



Nasal Tissue

Your nose uses passing air to moisturize and hydrate your nasal passages. When you are forced to breathe through your mouth, your nasal tissues can dry out, worsening the symptoms of nasal congestion.



Nitric Oxide Production

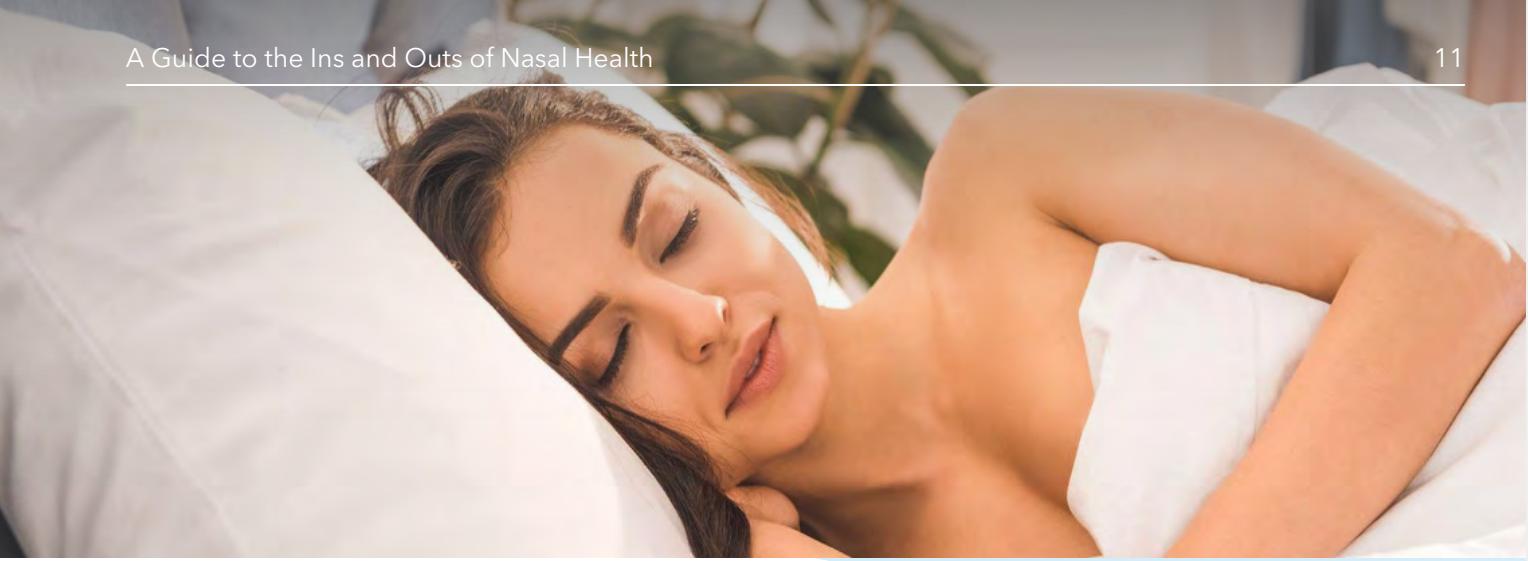
Nose breathing produces nitric oxide (NO), which helps widen your blood vessels and improve oxygen circulation in your body. Producing more nitric oxide in the nasal cavity also helps reduce inflammation overall, and an inflamed sinus cavity is a congested sinus activity.

Nitric oxide also has anti-viral and anti-bacterial properties and stimulates mucociliary clearance (the self-clearing mechanism of the airways in your respiratory system), leading to improved congestion and the potential relief of other related symptoms.



Calming Effect

When your lower lungs engage through nasal breathing, your parasympathetic nerve receptors are activated. Your parasympathetic nervous system is your body's "rest and digest" system, counter to the body's "fight or flight" sympathetic nervous system. These parasympathetic nerve receptors work to create a calming effect, redirecting hormones throughout your body to lower stress.



Quality Of Sleep

[Studies have shown](#) upper airway resistance during sleep to be significantly lower while breathing nasally compared to orally. While the study found no physiological advantages during relaxed awake respiration, subjects in the study were able to breathe more easily through the nose.

Subjects breathing through their nose also had had more REM sleep. REM sleep plays an important role in your sleep cycle by stimulating the areas of your brain that are essential in emotional processing and retaining information.



Your nasal hair acts as a filter to block dust, allergens, and other small particles from entering your lungs. Breathing through your mouth invites a plethora of germs and bacteria into your lungs. The mucus that lines your airway works to collect these potentially harmful contaminants.



Oral Health

Breathing through the mouth on a regular basis can dry your gums, tongue, and oral cavity. Over time, this causes acid to build up in your mouth, leading to gum and tooth decay. In addition, dry air being filtered through your mouth can leave you with chapped and sensitive lips.

Studies continue to uncover the benefits of nasal breathing, and why breathing through the mouth can be harmful. When you're congested though, breathing through your nose is difficult, especially when you experience chronic nasal congestion.

So, how can you clear congestion and start breathing consistently through your nose again?

This Simple Breathing Exercise Helps You Start Breathing Through Your Nose Again

For thousands of years, monks have practiced the art of breathing exercises within their meditations, often with the mantra, known as 'Om'. With a distinguished history, the chant itself is used to develop a clear head and open mind.



SinuSonic: A Sound Solution for Congestion Relief

SinuSonic is a novel self-applied nasal device designed to reduce nasal congestion. The device is used as a two-minute breathing exercise that stimulates the cilia to mobilize mucus, clearing your nasal passage and allowing you to finally breathe through your nose! It simultaneously uses gentle oscillating expiratory pressure and acoustic vibration delivered at 128Hz (which is the frequency level known to stimulate nitric oxide production!).

To let you know it's working, SinuSonic is equipped with a "flutter valve" located at the top of the device. This flutter valve creates an auditory feedback loop. When you hear the flutter, you know it's working. It also creates gentle, self-guided oscillating expiratory resistance.

Don't Just Take Our Word For It!

SinuSonic was developed by a physician with specialties in internal medicine, pulmonology, and sleep, to solve his own challenges with stuffy and congested sinuses. After discovering relief, he started down the path of developing a simple device, unlike anything on the market, that would clear congestion without addictive and messy nasal sprays or nasal rinses that only provide temporary relief.

He shared his discovery and new device with other specialists in their field, and soon Rhinologists and Ear Nose and Throat Specialists (ENTs) started using SinuSonic with their patients.



Michael J. Breus, PhD
Board Certified Sleep Specialist

Several doctors commented how successful they were in recommending SinuSonic as a new therapy for their patients after exhausting all options outside of surgery. Nothing seemed to work for these patients, until SinuSonic. They reported how amazed they were at how something so simple (vibration and oscillating pressure) hadn't been used before!

The results were astounding, but we didn't want to stop there. We wanted to prove the device really worked, so we submitted SinuSonic for its first clinical trial. We focused on three important metrics of nasal health: airflow, symptoms and their effect on patients' quality of life, and how well it clears congestion.

Clinical Trial Results

SNOT Score
-55%

NOSE Score
-54%

PNIF Score
+30%

Sinonasal Outcome Test (SNOT):

The SNOT test is a set of 22 questions that ask patients about various symptoms such as nasal congestion, facial pressure, and nasal drainage, and how these factors impact patients' quality of life.

Nasal Obstruction and Septoplasty Effectiveness (NOSE):

The NOSE score is calculated using a validated questionnaire that consists of five questions related to a patient's nasal congestion over the last month

Peak Nasal Inspiratory Flow (PNIF):

PNIF is a device that measures the amount of air one receives per breath.

Clinical Results Are In

Patients with chronic congestion lasting three months to several years, who failed to find relief with more traditional or medical solutions, were chosen to participate in the trial.

Using the SinuSonic device, the patients performed SinuSonic breathing exercises twice a day for approximately three minutes a session. After only two weeks of continued use, it was clear, SinuSonic worked for even the most chronically congested!



The results were significant, demonstrating improvement consistent with changes associated with:

- Surgical procedures to improve airflow (without the cost and invasiveness)
- Decongestant sprays (without the side effects)

The study reported dramatic improvements in patients' nasal congestion, facial pressure, and drainage. The symptoms that keep congestion sufferers, like you, up at night and with a headache in the morning.

82% of patients found congestion relief

86% of patients would recommend SinuSonic to friends and family

The findings supported SinuSonic's ability to help patients feel significantly better, to the extent that their quality of life improved.

[You Can Read More About the Study Here](#)

SinuSonic

How SinuSonic Can Replace Your Nasal Spray & Neti Pot

SinuSonic is a drug-free alternative that uses acoustic vibrations & gentle oscillating pressure to relieve congestion.

[Learn more about how it works.](#)

Potential Mechanisms of Action



Stimulates mucus production



Promotes the release of Nitric Oxide, a known anti-viral molecule



Increases ciliary beat frequency



Blocks peripheral pain sensors



Activates pressure or temperature nerve endings



Stimulates neural reflexes



Equalizes air/gas pressures between sinuses



Improves drug delivery to sinuses



Alleviates positive or negative air pressure across Eustachian tube

How SinuSonic Improves Breathing

The acoustic vibration we mentioned earlier is partially effective because of its role in the body's production of Nitric Oxide (NO).

NO is an anti-inflammatory, antibacterial, antiviral, and antifungal molecule that works to clear airway mucus in your nasal passage.

As a vasodilator, NO decreases blood pressure and increases blood flow.



SinuSonic also delivers positive expiratory pressure (PEP), which has been shown to improve lung function and remove secretions.

Anecdotal evidence suggests the combination of NO production and PEP that SinuSonic provides can have a positive impact on anaerobic and aerobic exercise by clearing mucus and opening the airways.

No More Nasal Sprays or Neti Pots: Your Safer, Cleaner Congestion Solution

A man with dark hair and a beard, wearing a pink shirt, is using a white nasal device to clear his nose. He is holding it with both hands and looking directly at the camera. In the background, there is a large bunch of pink flowers.
BUY NOW

Sinusonic is the perfect solution for people who have struggled with popular alternatives like steroids and neti pots.

Decongestants and decongestant sprays can be stimulating and keep you up at night, while other OTC or prescription medications can make you feel groggy and tired throughout the day. In fact, nasal decongestant sprays can only be recommended for 3-5 days in order to avoid what's known as the rebound phenomenon.

After continued use of nasal decongestant sprays, your congested blood vessels will stop responding to the shrinking effects of the spray, and your congestion will actually get worse! Simply put, the longer you use decongestant sprays, the more likely you are to experience the rebound phenomenon.

However, if you do find nasal decongestant sprays to be helpful, the SinuSonic can actually help disperse the saline or medicine by increasing airflow to your nasal passage.



While neti pots are considered safe under the right circumstances, they don't actually treat the problem directly. Neti pots only rinse your sinuses if they aren't completely clogged, and your relief will only be temporary. Soon enough, you are left with the same congestion and a mess to clean up.

Sinusonic is a scientifically validated, mess-free, non-addictive alternative that offers more relief with fewer side effects.

How To Use SinuSonic To Relieve Your Stuffy Nose

Medical-Grade Device, User-Friendly Design

Use in 4 Simple Steps

1



Pull out and discard the clear plastic tab at the base of the device

2



Hold down the trigger to turn on the device and place it over your nose

3



Exhale through your nose with just enough effort to hear a "flutter"

4



Repeat for 2 minutes until the "success" tone lets you know your session is complete

It's okay to take breaks during the 2 minutes.

 SinuSonic

BUY NOW

SinuSonicing takes just 2 minutes.

Within **3-5 minutes** after your first session, you can begin to feel the results as your congestion clears.

While our study showed a 15% increase in airflow after just one use, nasal airflow continued to increase to +30% after two weeks of twice-daily treatments.

Even if you don't 'feel' stuffy, consistent and habitual use keeps your nasal passages clear, preventing mucus buildup over time. Just like maintaining a healthy diet or an exercise program, consistency is key to long-lasting relief.

SinuSonic + Daily Use = Congestion Relief!

We want every user to experience congestion relief. To better understand our customers' use and experience, we review usage data from every returned device.

We were not surprised to discover that *a staggering 86% of people who return their SinuSonic because "it doesn't work" never made it past the 1-minute mark in their 1st session!*

So when you make the decision to try SinuSonic yourself, be sure to give it a fighting chance!



Money Back Guarantee

We understand that no treatment works 100% of the time for everyone so we offer an easy, no hassle 30 Day money-back guarantee for all orders purchased on our website. You can try SinuSonic with the comfort of knowing that it's completely risk-free.

SinuSonic Clears Your Nose In Any Situation

We're continuing to participate in more clinical trials to demonstrate the benefits of using SinuSonic and understand the full impact it has in helping clear nasal congestion known to contribute to or cause sore throats, sinus headaches, insomnia, and more.

Find relief from congestion, regardless of severity



Which one are YOU?



Chronic Sufferer

Use as Needed



Allergy Sufferer

Use as Needed



Trouble Sleeping?

Use Before Bed



Pregnant

Use as Needed



Singer / Performer

Use During Warm-up



Athlete

Before + After Exercise

Purchase Your SinuSonic Today!

Look What These Happy Users Say

These [reviews by satisfied customers](#) experiencing relief daily shed light on the true potential of SinuSonic.

Snoring

Kimberly Smith

Verified Purchaser



"First night trying this my husband said I did not snore and the following nights he said I have been quieter."

Allergies

Don Martin

Verified Purchaser



"This device was great for my grandson's allergies and stuffy nose. He now loves it and can not live without it."

Fast Relief

Maria

Verified Purchaser



"As soon as my husband uses the machine, he feels fast relief and less pressure from his sinus. It's so easy to use and works well."

Chronic Congestion

JFH

Verified Purchaser



I suffer from chronic congestion and this device has helped clear up my congestion without medication."

Deviated Septum

Cynthia Bissonnette

Verified Purchaser



"My mom fell last year and broke her nose and has a deviated septum. She has been raving about the relief from her congestion she received by using this device."

Sinus Headaches

Anonymous Review

Verified Purchaser



"After a week to ten days, my sinus congestion was completely gone. I was able to breathe better, had no headaches, and was able to stop using my nasal medication."

Sleep Apnea & Insomnia

Robert

Verified Purchaser



"SinuSonic worked the first time I used it, and I've been using it every night since. I get a full 8 hours of sleep and wake up breathing freely."

Allergies

Melanie Rexroad

Verified Purchaser



"I ordered this product for my mom who suffers from seasonal allergies. She used it on day one and loved how easy and convenient it was to use!"

Singers/Performers

Addie

Verified Purchaser



"I'm a musician and an allergy sufferer and the SinuSonic not only helped me breathe better, but I noticed how it really helped open me up before performances and recordings."

Running & Exercise

Anonymous Review

Verified Purchaser



"I have been struggling with exercise-induced rhinitis for the last few years. I spin and run 5-6 days a week so it has been a major roadblock for me. This is a game-changer, if you are an athlete suffering from the same thing I am you won't regret purchasing this."

PURCHASE YOUR SINUSONIC TODAY

SinuSonic

REVIEWS



www.sinusonic.com