

# Mute In Home User Trial Result Summary

## Snorers - Men

### 1. Better Breathing

- 87% of men felt that Mute opened up their nasal passages more
- 78% felt more air flow through their nose when wearing Mute
- 74% were satisfied/very satisfied with their ability to breathe better through the night with Mute

### 2. Better Sleep

- 53% of men reported their sleep was better or much better when they used Mute. This included feeling more rested in the morning and waking less during the night. This is 3 x as many men sleeping well with Mute vs without Mute.
- Without Mute 47% of men reported feeling tired in the morning and 67% of waking a lot during the night

### 3. Snored Less

- 75% of men reported that Mute helped them snore less and of this group 58% said it stopped them snoring completely

### 4. Comfortable & reliable

- 70% felt satisfied/very satisfied that they could fall asleep wearing Mute
- 75% were satisfied/very satisfied that the product stayed in place all night
- 71% became accustomed to wearing Mute within 2-3 days
- 61% found it easy to fit
- 85% became confident fitting the product within 2-3 days

### 5. Other products don't work

- More than 50% of men reported that none of the products they had ever tried were effective for them

## Partners – Women

### 1. Partners were suffering before Mute

- For 80% of women the impact of their partner's snoring on their ability to get a good night's sleep is very high or extreme
- Without Mute more than 50% women reported being woken 3+times per night by their partners snoring

### 2. Sleep is much better

- 60% women described their sleep as good or excellent when their partner was using Mute versus only 14% without Mute ( $p=.045$ )

This translates to 4 times as many women reported having good or excellent sleep when their partner was using Mute

- 61% of women reported being woken less often when their husbands wore Mute
- 61% of women were able to get an uninterrupted night's sleep when their partner was using Mute vs. 20% without Mute

Three times as many women enjoyed an uninterrupted night's sleep when their partners were using Mute

### 3. Less Snoring with Mute

- 73% of women reported that Mute reduced the overall severity of their partner's snoring