Frido CARE

HOME GUIDE

NOSE & BREATHING · A FRIDO NUGGET FROM YOUR PHYSIOTHERAPIST

# Can't breathe through your nose at night?

Most of the blockage sits in one small spot just inside your nostrils. When it closes, you breathe through your mouth, which brings snoring, a dry mouth and tired mornings. Here is what closes it, and what opens it again.

Name _____

Physiotherapist _____

Date _____ Next visit _____

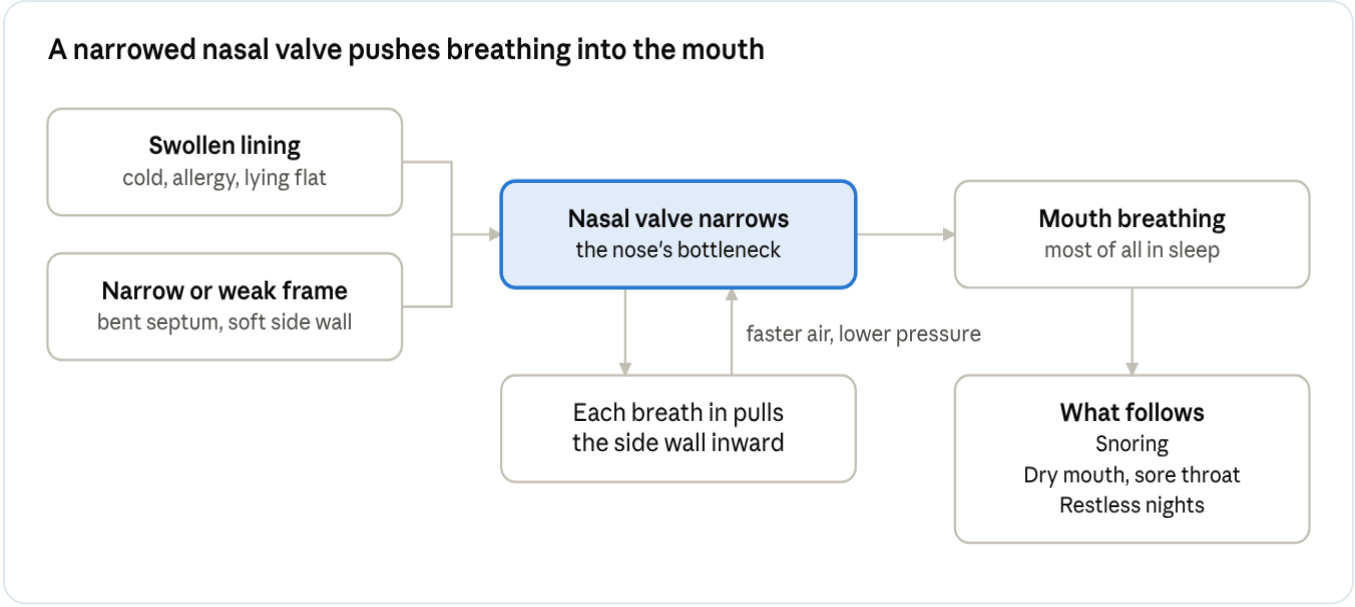
**Watch first**

Scan to watch the 1:55 video that explains it.

## 01 What is going on

Just inside your nostrils is a small doorway called the **nasal valve**. It is the narrowest part of your nose, so most of the blockage happens there.

When the lining swells, or the soft sides of your nose get sucked inward as you breathe in, the doorway closes. Your body then switches to breathing through your mouth.




How a narrow nasal valve leads to mouth breathing.

## 02 What it does to you

1. Breathing through your mouth at night
2. Snoring
3. Waking with a dry mouth or sore throat
4. Feeling tired in the morning, even after a full night

## 03 Check yourself

It takes 30 seconds. Score each line from 0 (no problem) to 4 (severe) for the past month. Add them up and multiply by 5.

| OVER THE PAST MONTH, HOW MUCH OF A PROBLEM WAS... | SCORE (0–4) |
|---|---|
| Nasal congestion or stuffiness | |
| Nasal blockage | |
| Trouble breathing through my nose | |
| Trouble sleeping | |
| Not enough air through my nose during exercise | |

5 to 25 is mild, 30 to 50 moderate, 55 to 75 severe and 80 to 100 extreme. **Score yourself again after two weeks** of your plan, and bring both scores to your next visit.

## 04 Find your type

The clue usually tells you what is closing your nose.

| IF YOU NOTICE... | IT'S LIKELY |
|---|---|
| Sneezing and itchy eyes around dust, pets or pollen | An allergy swelling the lining |
| It's worse each time a decongestant spray wears off | The spray itself keeping the lining swollen |
| One side is always worse | The shape inside your nose |
| Pulling your cheek outward helps you breathe | Soft side walls caving in |
| It's worse at night than in the day | Lying flat |

## 05 Quick fixes that backfire

- **A decongestant spray every night.** Used for more than 5 days, it can make the block worse.
- **Menthol rubs.** Your nose feels clearer, but it isn't actually more open.
- **Taping your mouth shut.** It doesn't open your nose, and it's risky when your nose is blocked.

## 06 What actually works

There are three ways to open the nose. Your physiotherapist or doctor will match them to your type.

**Three routes open a blocked nose, each for a different cause**

Match the route to what is narrowing the airway

| ROUTE 1 | ROUTE 2 | ROUTE 3 |
|---|---|---|
| **Calm the lining** | **Hold the walls open** | **Fix the frame** |
| For: colds, allergies, irritants, lying flat | For: side walls that cave in on a breath in | For: a bent septum, large turbinates, weak cartilage |
| Saltwater rinse<br>Steroid nasal spray<br>Antihistamine for allergy<br>Decongestant, 5 days max<br>Sleeping head-up | External nasal strip<br>Internal nasal dilator | Septoplasty<br>Turbinate reduction<br>Nasal valve surgery |
| Treats the swelling | Works only while worn | Surgery, decided by an ENT |

Routes can be combined: a strip on top of a rinse and a spray

Three routes to an open nose.

1. **Calm the lining.** A saltwater rinse, a steroid spray if you have an allergy, and sleeping with your head raised.
2. **Hold the walls open.** A nasal strip across the nose at night.
3. **Fix the frame.** If the shape inside your nose is the cause and nothing else helps, a specialist may suggest surgery.

## 07 Where a Frido strip fits

A nasal strip works like a spring. It lifts the soft sides of your nose outward and holds the doorway open while you sleep. It helps most if pulling your cheek outward makes breathing easier.

RECOMMENDED

**Frido Nasal Strip Pro**

**₹499** ~~₹1,000~~ · Breathable fabric, sweat-resistant grip up to 12 hours, pack of 15

Frido Nasal Strips ₹399

myfrido.com

**The honest part:** it helps with one cause, the sides caving in, and only while you wear it. It doesn't clear mucus, treat an allergy, straighten the inside of your nose or treat sleep apnoea.

### Putting it on

- Wash and dry your nose first.
- Place the strip across the widest part of your nose, just above where the nostrils flare.
- In the morning, wet it before you peel it off.

## 08 Your nightly plan

1. **Rinse with saltwater if you're stuffy.**

   Watch how to do it: scan with your phone camera

2. **Use your steroid spray** if you were given one. It needs daily use for days to weeks to work.

3. **Put on a strip** if pulling your cheek outward helps.

4. **Sleep with your head raised.**

5. **If you snore, do your tongue and throat exercises** every day.

   Watch how to do them: scan with your phone camera

**Don't** tape your mouth shut, and don't use a decongestant spray for more than 5 days. Score yourself again after two weeks.

## ✓ Your 14-day tick sheet

Tick each day you did it. Bring this to your next visit.

| DAY | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Saltwater rinse if stuffy | | | | | | | | | | | | | | |
| Steroid spray (if given) | | | | | | | | | | | | | | |
| Strip on at night | | | | | | | | | | | | | | |
| Head raised in bed | | | | | | | | | | | | | | |
| Tongue and throat exercises | | | | | | | | | | | | | | |
| How blocked was my nose? (0 to 4) | | | | | | | | | | | | | | |

## 09 When to see a doctor

**See a doctor soon** if you have blood from one side of your nose, a foul smell, numbness in your cheek, changes in your vision or teeth, or loud snoring with pauses or gasping in your sleep.

**Come back to your physiotherapist or doctor** if:

- one side is always blocked
- nothing has changed after 6 weeks of your plan

## Notes from your physiotherapist

This guide explains a common cause of a blocked nose at night in general terms. It is not a diagnosis. Follow the advice of your physiotherapist or doctor. Frido's nasal strips hold the front of the nose open while you wear them; they don't treat allergies, a bent septum or sleep apnoea.