



Thank You

Thank you for choosing custom **Snooze Plugs** from Looe & Launceston Ear Care.

These bespoke sleep moulds are designed to improve comfort and reduce unwanted noise for a more restful sleep.

What's Included

- Your custom Snooze Plugs
- Night visible storage case
- Skin care gel
- This instruction guide

Fitting Your Snooze Plugs

Before You Begin

- Ensure hands and plugs are clean
- Blue = Left ear
- Red = Right ear (unless otherwise advised)

Insertion (*please see the illustrative photo below*)

1. Apply a small amount of gel to the tip
2. Insert gently into the ear canal
3. Seat comfortably with light pressure
4. Ensure a snug fit and that the removal tab lies flat



Figure 1

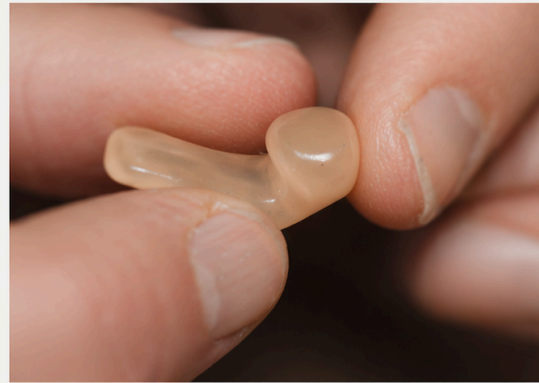


Figure 2



Figure 3



Figure 4

Removal

Gently pull the removal tab forward to break the seal and remove carefully. Avoid excessive force or using fingernails.

Cleaning & Storage

- Wipe with a soft damp cloth after each use
- Allow to air dry fully before storing
- Use a mild disinfectant if needed (e.g. Milton solution)
- Always store in the supplied case

Important Information

- Designed for comfort and noise reduction, not complete sound blocking
- Not suitable for industrial or high-noise environments
- Check regularly for signs of wear or damage

Looe & Launceston Ear Care

Professional ear care and custom hearing solutions