



FINDING YOUR ANTI SNOR RING SIZE

1. When printing, ensure that page scaling is set to "None".
2. When page is printed, measure the ruler. It should be exactly 50mm long.
3. If the ruler isn't 50mm long, check print settings and reprint before measuring your ring size.



Measure your AntiSnor Ring size with a Paper Stick:

Line the Sizing Guide up with this point.



1. Carefully and precisely cut along the outline of the Paper Stick.
2. Wrap the Paper Stick around the left pinky finger.
3. Aim to have the AntiSnor logo aligned on top of where the pressure points are on the finger.
4. Move the Paper Stick to the largest part of the finger (most likely to be the knuckle).
5. Pull tightly. The Paper Stick must be a snug fit as to produce an accurate size.
6. The Sizing Guide that lines up to the outer edge of the Paper Stick represents the correct AntiSnor Ring Size for you.

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