

# Cleaning The EMST

1. We recommend the entire EMST 150 trainer be cleaned monthly.
2. Remove the mouthpiece before cleaning. Wash the mouthpiece with soap and water. Air Dry
3. Fill a bowl with warm water and add a drop of dish soap.
4. Immerse and agitate the EMST device in the warm water for 20-30 seconds.
5. Shake well to remove excess water.
6. Rinse until clear and shake again to remove water.
7. Air dry overnight before re-using
  - a. Do not use:  
Harmful cleaning agents such as bleach  
Do not share your EMST 150 trainer with anyone else

