

Abstract

A nasal dilator for treating breathing problem is provided, which includes a hollow nasal dilator body and a one-way flow resistance unit. The hollow nasal dilator body has a first end opening and a second end opening opposing the first end opening. The hollow nasal dilator body longitudinally extends from the first end opening to the second end opening and being adapted for insertion into a user's nostril with the second end opening placed within the user's nasal passage so that the hollow nasal dilator body supports and dilates the nasal passage. The one-way flow resistance unit is assembled to the hollow nasal dilator body and in proximity to the first end opening and away from the second end opening. The one-way flow resistance unit creates an exhalation flow resistance higher than an inhalation flow resistance such that an expiratory positive airway pressure is generated within the nasal passage.