

## CLAIMS

1. A sleep-aid device for a face of a user comprising:
  - a pad;
  - wherein said pad has a front side and a back side;
  - wherein said pad is flexible and has a surface area that is entirely mesh;
  - wherein said pad is configured to completely cover only a mouth of the user;
  - an adhesive in communication with said back side and configured to be releasably secured onto the user's lips;
  - a permeation, said permeation creating a passage between said front side and said backside; and
  - wherein said permeation comprises a mesh and is configured to permit air flow through said pad during oral respiration.
2. The sleep-aid device of claim 1, wherein said adhesive is disposed above and around said backside.
3. The sleep-aid device of claim 2, wherein said mesh is a mesh fabric.
4. The sleep-aid device of claim 2, wherein said permeation is a hollow cylinder.
5. The sleep-aid device of claim 2, wherein said permeation is configured to limit the natural diameter of the mouth of the user, encouraging nasal respiration.
6. The sleep-aid device of claim 1, wherein said mesh is a mesh fabric.
7. The sleep-aid device of claim 1, wherein said permeation is a hollow cylinder.
8. The sleep-aid device of claim 1, wherein said permeation is configured to limit the natural diameter of the mouth of the user, encouraging nasal respiration.
9. A sleep-aid device for a face of a user comprising:

a pad;  
wherein said pad has a front side and a back side;  
wherein said pad is flexible and has a surface area that is entirely mesh;  
an adhesive in communication with said back side;  
wherein said adhesive is positioned to attach only onto lips of the user;  
a permeation, said permeation creating a passage between said front side and said back side;  
wherein said permeation comprises mesh fabric; and  
wherein said permeation is configured to permit air flow through said pad during oral respiration.