

# Restore Sleep Ring Sizing Guide

**Small: Sizes 5 - 9**

**Large: Sizes 9.5-12**

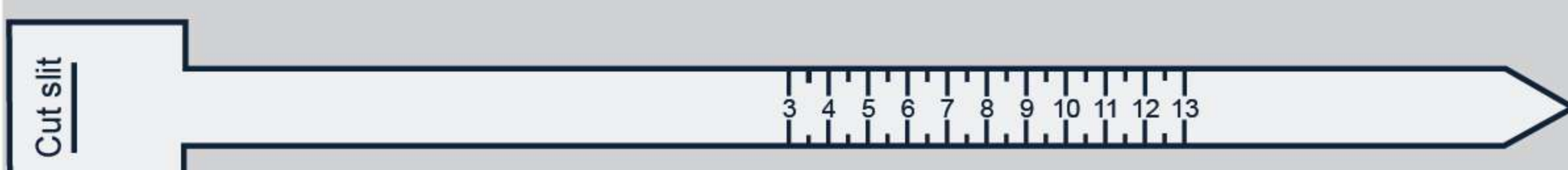
**XL: Sizes 9.5-13.5**

## Option 1: Use a floss or string

- 01 Cut a small piece of string, thread, or ribbon from a spool.
- 02 Wrap it snugly around your finger for an accurate measurement.
- 03 Have someone help you measure for greater accuracy.
- 04 Compare your measurement with the sizing chart.
- 05 Double-check your measurement for accuracy.

## Option 2: Use the Paper Cut Out

- 01 Begin by cutting out the provided paper ring sizer.
- 02 Create a slit by cutting along the indicated dotted line labeled "Cut slit".
- 03 Slide the pointed end through the slit and position it around your finger.
- 04 Adjust the pointed end until it reaches a comfortably snug fit.
- 05 Look at the arrow, as it will indicate your accurate ring size.



Size 5 15.6 MM	Size 5.5 16.0 MM
Size 6 16.45 MM	Size 6.5 16.9 MM
Size 7 17.3 MM	Size 7.5 17.7 MM
Size 8 18.2 MM	Size 8.5 18.6 MM
Size 9 19.0 MM	Size 9.5 19.4 MM
Size 10 19.8 MM	Size 10.5 20.2 MM
Size 11 20.6 MM	Size 11.5 21.0 MM
Size 12 21.4 MM	Size 12.5 21.8 MM
Size 13 22.2 MM	Size 13.5 22.6 MM