



GUIDE TO GETTING IT ON*

Helpful tips for CPAP mask users

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Upright and Equal?

Are the letters on mask & headgear upright?
Is headgear even and untangled?

Mirror. Mirror.

A mirror can help with getting the mask on, especially when just starting out or if the clips are hard to fasten by feel alone.

* Refer to your mask's user manual for model-specific instructions.

Mask *Before* Air



If your mask isn't sitting and adjusted correctly **before** the air starts flowing, you may not be able to get it to seal.

If you like having the tube attached before putting on the mask, consider starting your machine **manually**, rather than using the **Auto On** feature.

Prefer to keep **Auto On** on? Connect the tube **after** your mask is on and adjusted. The machine will start once it notices you breathing into your mask.

Plant, Pull, Clip, Adjust, Air, Check & Re-Adjust

Plant: use one hand to plant (and hold) the mask cushion where you would like it to be on your face.

Pull: use your free hand to pull the headgear on, over, and around your head.

Clip: When your free hand is free again, use it to fasten your mask's clips, loops, or magnets on both sides so the headgear stays in place.

Adjust*: Dial in the tension on your headgear using the Velcro. Ensure the Velcro is evenly adjusted on both sides.
**OK to skip if your headgear tension doesn't need adjustment.*

Air: Connect to the air. *See sidebar.*

Check: Check for mask seal in your usually sleeping positions.

Readjust: Readjust as needed.

Pro Tips:

Resist the urge to put your mask on like a hat or helmet. For longer lasting headgear, apply & remove your mask by using the clips, not the velcro. Avoid overtightening. A "too tight" mask is worse than a "too loose" mask.

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