



PERFECT YOUR MASK FIT

Helpful tips for full face mask users

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MASK FEATURES TO KNOW

VELCRO

For fit adjustments, not application & removal

CLIPS & MAGNETS

For application & removal

QUICK RELEASE

For disconnecting from machine without removing the mask from your face

RUN MASK FIT

Useful to determine mask fit in real time when the machine is set with a ramp or variable pressure



Elevate your sleep care experience

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FOLLOW YOUR NOSE

If you can breathe through your nose *easily* while awake, you've got options when it comes to mask style.

Mouth breathing overnight is common with untreated sleep apnea, but it doesn't always require use of a full mask for treatment success. The smaller the mask, the less likely it is to leak. The bigger the mask, the more air it gives.

FIND THE SWEET SPOT

Dial In Your Headgear's Tension

If headgear is too loose, the mask will leak.

If it's too tight, it'll leak *and* hurt your face.

Before you turn in for the night, use the Velcro and your machine's air to find the happy medium between these two extremes.

Dial In Your Facial Hair

To create and maintain a seal, the mask cushion must meet with a solid skin surface. When facial hair is too long (think beard/mustache) or too short (think stubble), the mask will have a harder time sealing.

Depending on the type of mask in use, keeping problematic facial hair areas trimmed can assist the mask in sealing easier. If that doesn't work, shaving may be the best way to support a good mask fit.

YOUR SMILE MATTERS

If you don't have lower front teeth, getting a seal with a full face mask might not be possible. Your mask could end up in your mouth. Sleeping with lower teeth in or switching to a nose-only option might just do the trick.

Pro Tip to avoid getting a sore lip: Loosen your headgear when trying your mask with lower teeth in place for the first time. Your lower lip will thank you!