Achieving the Right Fit

1. Hold the mask lightly against the patient’s face, and slide the headstrap over his/her head (Figure 3). Use the tabs on the headstrap to adjust the strap length.

2. Connect the flexible tubing (included with the CPAP or bi-level device) to the swivel elbow (Figure 4). Turn on the CPAP or bi-level device.

3. Lie down and breathe normally through your nose keeping your lips closed. Unhook and gradually tighten the straps until the mask has minimal leaks and fits comfortably.

⚠️ Note: Do not overtighten the headstraps. Overtightening can irritate the patient’s face, cause or worsen leaks, or cause damage to the mask.