

FINDING *the* RIGHT FIT

CPAP Mask Information Kit



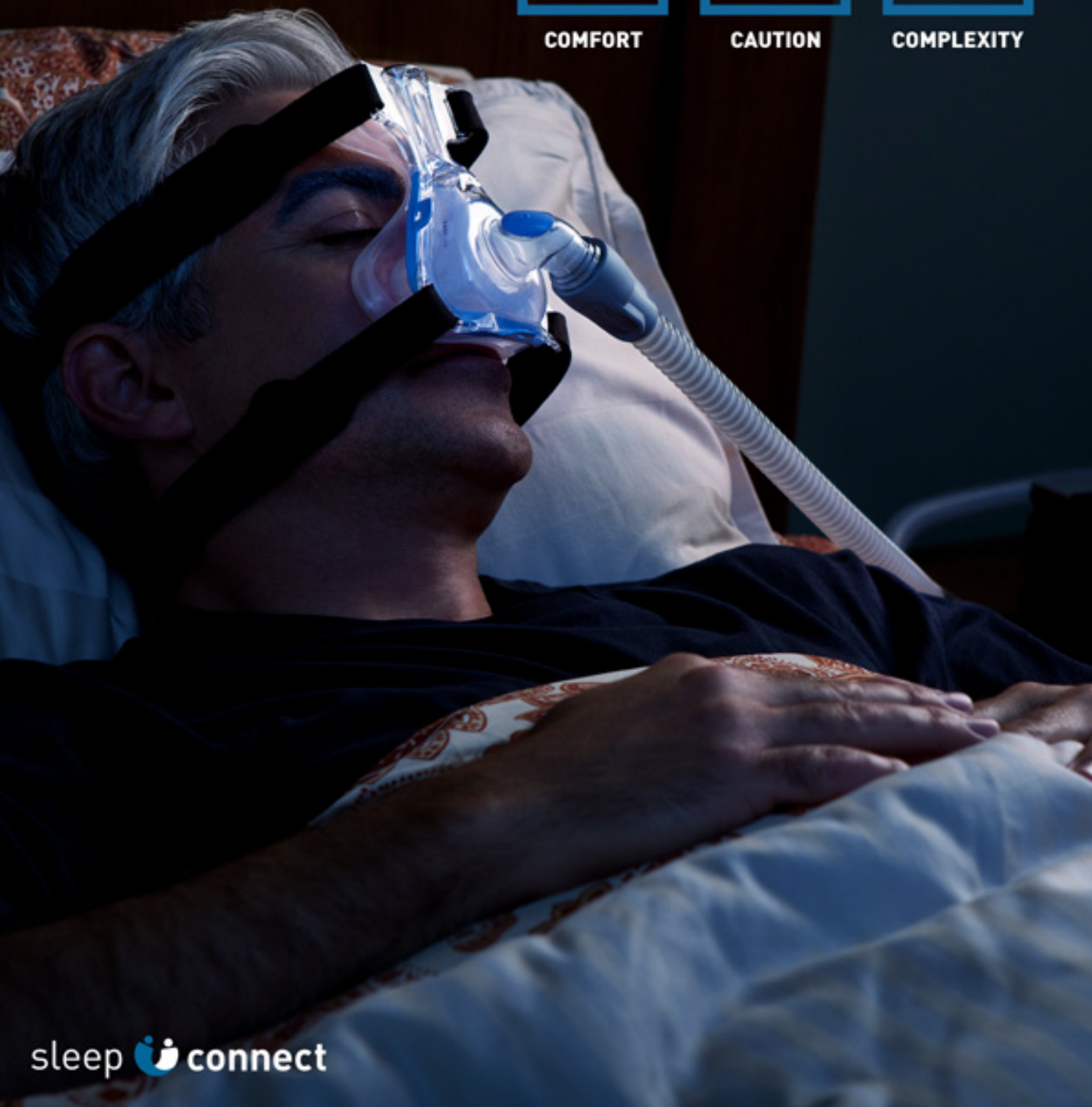
COMFORT



CAUTION



COMPLEXITY



Which CPAP Mask Is Best for Me?

With dozens of different mask choices, how can we determine which mask to choose?

Mask Types

Traditional Nasal Masks



Nasal masks are the most common interfaces used by patients and are typically triangular in shape and cover the nose. Most have additional forehead braces with pads that lay above the eyebrow area to add stability. This mask works best for patients who sleep with their mouths closed and are able to inhale and exhale well through their nostrils only.

Components include a hard plastic like frame, which holds a softer inner cushion that lies against the face. Headgear consists of the straps and sometimes a forehead brace.

Nasal Pillow Masks



Nasal pillow masks have gained great popularity in past years. They work best for patients who sleep with their mouths closed and are able to inhale and exhale well through their nostrils only. They are a better choice for patients who have a narrow nose bridge or short face and have difficulty with Nasal Mask fit and leak in to the eye area. Since nothing lays above the nostrils, nasal pillow masks work well for patients who may otherwise be intimidated by the size of traditional nasal masks or have claustrophobia issues.

Components include a frame, which holds the soft nasal pillow cushions, which attach to strapped headgear.

Full Face Masks



Full-face masks cover both the nose and the mouth. They are prescribed for patients who are mouth breathers.

Components include a hard plastic like frame, which holds a softer inner cushion that lies against the face. Headgear consists of the straps and sometimes a forehead brace.

About Mask Sizing

There is no industry standard for mask sizing and so brand to brand and even within manufacturers, sizing can greatly vary. It is vital that we try on masks to know what size we need. Sizing choices can be found to include petite, extra small, small, medium, large and extra large. Many masks today come with a variety of mask cushion sizes within the packaging which takes the guess work out of the decision making process. Most masks include the strapped headgear which comes in "one size fits most" however smaller and sometimes larger sizes are available upon request or special order to accommodate those patients with a small or large head circumference.

Size Up Your Face

Most manufacturers offer sizing gauges for each of their mask products. These are useful as a starting point in determining mask size but not always completely accurate due to other variables with each of our individual facial features.

Facial features to consider when choosing a mask are: length of the nose from nose bridge to base, width of nose base, width of nose bridge; surface area of upper lip (the skin between the base of your nose and your top lip), distance between eyes and overall circumference of the head.

Consider that nasal masks and nasal pillow masks rest on the upper lip so pay particular attention to this area of the face when trying on masks. The base of the frame should not touch the top lip.

Mask Fit and Adjustment

After you have chosen the best mask size and style for your face, you must adjust it properly before sleep. Sit on your bed, turn machine on, and place mask on your face with straps loose. Lay down in your sleeping position with your head on your pillow, as you would normally sleep. Slowly pull the straps JUST UNTIL you get a good seal.

Seating a Dual Cushion Mask

If your mask has a dual cushion, it will need to be “seated”. After you have fitted and adjusted your mask using the steps above, to “seat” gently pull the mask straight out and away from your face to allow the dual cushions to inflate properly. Lay the mask gently back on your face.

Don't Expect Perfection

If you shop wisely, and try on a variety of masks, you should be able to find the best possible mask choice for your face. Know that all masks can and do leak, but usually, this occurs when we change positions during sleep and that just cannot be helped. We have little control over what we do in our sleep! Your CPAP and mask provider can help you in your search for the best mask choice, but you need to take responsibility to keep them informed as to what works and what does not. Ask your supplier about 30 day mask exchange programs that allow the patient to try a mask at home for up to 30 days with the option to exchange for another mask in the event it does not work well.

TrueBlue Nasal Mask by Philips Respironics

The TrueBlue is a revolutionary nasal mask that features a gel forehead pad and dual cushion with gel. Unique accordion-like adjustability and inflatable outer cushion provide exceptional seal.



Review:

- The mask-fitting template makes it easy to find the right size.
- I normally wear a small mask and the small-size TrueBlue mask fit me perfectly.
- It's very easy to seat this mask on the face.
- Features a unique quick release clip that is different from other Respironics mask clips that tend to snap or break.
- Mask is extremely lightweight.
- Designed to maintain a leak-free seal while feeling loose and comfortable on the face.
- Features a unique accordion-like cushion that is unlike anything you have ever seen before. This accordion-like cushion seems to provide the comfort and ease of use. It seems to eliminate any need to over-tighten to get a good seal.

Mirage FX for Her by ResMed

This is another great nasal mask in the ResMed "For Her" series. Designed specifically for the dimensions of the female face. One size truly fits most women. Simple to fit and adjust, hair friendly, and pretty in pink too!

Review:

- One size fits most.
- Comes with soft pastel pink headgear making it more feminine and less medical.
- Simplistic fit and adjustment makes it really easy to use.
- Dual cushion helps the mask seal incredibly well.
- Flexible "butterfly wing" forehead support allows a dynamic range of fit and adjustment; the plastic does not contact the skin.
- Dual-wall Spring Air™ cushion provides even pressure distribution with extra softness at the nasal bridge, reducing common discomfort in this sensitive area.
- Diffused vent design disperses air gently and quietly away from the bed partner.

Cautions:

"One size fits most" means it may not fit you—be sure to try it on before making a purchase. Remember with a dual cushion mask you must seat the mask to allow dual cushion to inflate to get the best possible seal.



Swift FX for Her by ResMed

Drawing on the strengths of the Swift LT for Her, the Swift FX for Her is even lighter, softer, and more streamlined. Its gentle fit and size range is customized to suit women with smaller nasal pillows while accommodating a smaller head circumference with a hair-friendly silicone headgear.



Review:

- Ultra-smooth, 360° elbow rotates with easy, fluid movement for flexibility in tube positions.
- Spring-flex lightweight tube stretches and bends uniquely for increased stability without the use of a tube retainer.
- Soft silicone headgear cushions the face gently and needs little adjustment.
- Mask is easy to wear and adjust.
Simple headgear buckle has clearly marked notches for easy adjustment. Additional buckle notches allow customized sizing for women's fitting needs. Size and name indicators make it easy to identify size and correct orientation. Lock and key for easy attachment and detachment of side straps.
- Low-profile back-strap with Velcro fasteners are available in small sizes with color options of feminine pink or light blue and gray.

- Soft wraps, which enhance comfort at the cheeks, are available in gray and pink to coordinate with back-strap.
- Package includes Extra-Small, Small, and Medium-sized nasal pillows to better fit more female users.
- Flexible pillows with trampoline action allow movement in multiple directions while keeping seal.
- Dual-wall nasal pillows seal on contact for a gentle, comfortable seal, offering a wide fit range and dispersing air gently.
- Soft, narrow cushion with integrated flexible chamber makes side sleep comfortable and maintains seal during movement.
- Quiet vents diffuse and direct airflow quietly, away from the user and bed partner.



Mirage FX by ResMed

The ResMed Mirage FX is the newest nasal mask in the FX series. This is a versatile mask that fits 90% of users. An easy-to-use, lightweight mask with a wonderful dual cushion that provides an incredibly good seal.

Review:

- New form-fitting SoftEdge™ headgear is kind to the face and springs to life, ready to fit and wear. Squeeze-tab elbow makes it easy to attach and detach the elbow from the frame. Flexible “butterfly wing” forehead support allows a dynamic range of fit and adjustment; the plastic does not contact the skin. Lightweight, durable frame is strong enough to stabilize the mask on the face, and soft and flexible enough to accommodate user movement during sleep.
- Dual-wall Spring Air™ cushion provides even pressure distribution with extra softness at the nasal bridge, reducing common discomfort in this sensitive area.
- Diffused vent design disperses air gently and quietly away from the bed partner.
- Headgear loops simplify attachment and detachment of headgear while retaining optimal headgear settings.
- Available in Standard and Wide sizes.



Cautions:

If you need a smaller version of this mask, try the Mirage FX for Her, which comes as “one size fits most” that has smaller headgear that is more suited for women. Remember with a dual cushion mask you must seat the mask to allow dual cushion to inflate to get the best possible seal.

Quattro FX Full Face Mask by ResMed

This unique full-face mask has no forehead brace, offering a clear field of vision and reducing patient anxiety. The Quattro FX is lightweight and compact with fewer parts, which makes it easier to fit and adjust.



Review:

- Available in small, medium and large sizes. Includes custom-made sizing tool, which makes it easier to find best size.
- Features Swing Seal technique to simplify the fitting process.
- Spring Air™ cushion and spring frame eliminate need for forehead support.
- Fewer points of adjustment make fitting fast and straightforward. Open field of vision and lightweight frame reduces patient anxiety.
- New contoured headgear is combined with the spring frame to provide stability, durability and coverage. Built on the same quality platform as the original Mirage Quattro.
- Soft Spring Air cushion distributes pressure evenly and maintains seal as patients move during sleep.

Cautions:

Please try on this mask prior to purchase—size small mask frame may be too large for patients with a short face.

6 EasyLife Mask by Philips Respironics

EasyLife's unique dual-cushion construction features a soft inner cushion that creates a flexible, self-adjusting seal around the nose, while the supportive outer cushion comfortably provides an additional level of stability.



Review:

- Includes a truly unique forehead pad that resembles a small inverted mask cushion! Anyone with forehead pad problems will want to try this mask for comfort and seal-ability!
- Mask itself has a dual cushion:
 - The soft inner cushion readily adapts to facial contours to create an instant and self-adjusting seal, nearly eliminating the need for nose bridge and forehead pad adjustments.
 - The outer cushion provides support, allowing the mask to rest lightly on the patient's face, eliminating the need to over-tighten the headgear to achieve a suitable seal.
- I found this mask to be EASY to use, EASY to fit and very lightweight.

ComfortLite 2 by Philips Respironics

The ComfortLite 2 offers three interchangeable cushion options and a unique headgear system that leaves no pressure points on the face. All of which makes the ComfortLite 2 versatile and comfortable. The ComfortLite 2, like all masks in the Comfort Series, is latex free.



Review: {Upgrades}

- There are now three nasal interface offerings — the NEW Pillows Cushion, the Simple Cushion™ and the Direct Seal™—giving patients a more personalized choice for their most comfortable and effective interface.
- The new "Halo" Headgear keeps the straps off the face and relies on the forehead for stability that provides a comfortable, reliable seal with no pressure points.
- The crown swivel is made of a new, easy-rotating material — and it's been moved forward to reduce contact with the patient's bed pillow
- The headgear looks massive, but is surprisingly lightweight.

Cautions:

Try this mask on in advance of purchase. The headgear may be too large for those with a small head and especially those with a short forehead.

ComfortGel by Philips Respironics

The ComfortGel Nasal Mask has an exceptional cushion that combines the customizable blue gel originally seen in the Respironics Profile Lite with a proven dual-layer cushion design found in other Comfort Series masks.



Review:

- This mask works well for hard-to-fit patients who prefer gel masks.
- Mask cushion is paired with the StabilitySelector™ that tilts the mask to allow for an optimal seal.
- The forehead support and pad automatically adjust to ensure proper forehead placement and angle.
- It has a nearly “silent” exhalation port.
- Includes ball-and-socket headgear attachments.

Liberty Full Face Mask by ResMed

Mirage Liberty is a full-face mask that seals individually at the mouth and nose. With less skin contact and an open field of vision, this unobtrusive mask feels light on the face.



Review:

- System comes in size small or large and each choice includes three pillow sizes for greater fit range.
 - It is a perfect choice for patients who requires a full-face mask but are challenged due to narrow nose bridge, short nose or short facial features.
 - Overall size and shape of Liberty mask eliminates possibility of leak in eye area (issues common in other traditional full face masks).
 - This mask has no forehead pads; in fact, nothing lies above the nostrils.
- Patients view is not obstructed, meaning you are able to wear glasses with this mask.
 - ResMed's Dual-wall Mirage cushion technology mask creates a great seal.
 - ResMed's Dual-wall nasal pillows with trampoline action make fit comfortable in the tender nostrils and provides an excellent seal.
 - Comes with a stable crown shaped headgear.
 - Mask is easy to disassemble and clean.

Cautions:

If you cannot abide nasal pillows, this is not the mask for you

Quattro Full Face Mask by ResMed

Mirage Quattro Full Face Mask offers ResMeds dual-wall cushion with spring air technology that accommodates movement during sleep (including jaw drop).

Review:

- Dual-wall cushion is one of the best features of this mask because of its ability to provide a comfortable seal without requiring the patient to over tighten straps. Mask maintains a seal while still feeling quite loose.
- MicroFit dial at forehead allows easy patient control for better fit. Great feature for the patient with a narrow nose bridge or anyone who normally experiences leak into the eye area.
- Comes in size Extra Small in addition to Small, Medium and Large.
- Vent is designed to reduce noise.
- Set-and-forget headgear clips and slots save optimal fitting settings and allow for quick headgear removal.



Opus 360 by Fisher & Paykel

The Opus™ 360 Nasal Pillows Mask features a slim-line design that allows for almost any sleeping position without mask displacement. Comfort-features include new Silicone Pillows and facially Contoured Mask Frame for extra stability.



Review:

- Small, Medium, and Large nasal pillows are included with mask purchase—no need to try to guess what size will fit.
- Entire mask weighs just less than 2 ounces.
- A 360-degree pivoting ball-and-socket elbow allows over the head or side tubing position flexibility.

Cautions:

Headgear best suited for small to average size faces. Side straps may lie too close to eyes on those with wide face. Recommend trying on this mask before purchase.

Oracle oral mask by Fisher & Paykel

The unique Oracle Oral Mask delivers pressure through the mouth rather than the nose. A soft silicone mouthpiece that goes inside the mouth in front of the teeth makes the seal. The outer silicone flap folds over the inner flap, but on the outside of the mouth creating a light pressure on the lips.



Review:

- This mask is a great solution for mouth breathers and patients with chronic nasal obstruction.
- It is easy to use and easy to seal.
- Comes in two sizes, both included with purchase. There is no need to guess at the right size.
- Comes fully assembled and ready for use.
- The mouthpiece is similar to a divers mask or snorkeling mouthpiece.

Cautions:

As you will probably experience dry mouth, since air is delivered directly into the mouth, and across tongue, humidification is required. May promote or enhance drooling if you are prone to drooling. This usually resolves naturally after a few nights use. Air may escape through nostrils; nose plugs are included in the packaging.

FlexiFit 406 Petite nasal mask by Fisher & Paykel

The FlexiFit™ 406 Petite Nasal Mask offers an over-the-nose mask solution specifically designed to fit finer featured faces. It features Stretchgear™ headgear and a quiet, maintenance-free bias diffuser. The FlexiFit™ 406 Petite Nasal Mask comes fully assembled.



Review:

- Petite size masks are hard to find. If size small masks are too big for you, this mask may be a great choice.
- This mask is very lightweight.
- Venting is very quiet.
- Includes comfortable, "hair friendly" stretchy headgear straps.

Cautions:

This is a truly petite mask. It is recommended that you try the mask on before making a purchase.



14 Forma full-face mask by Fisher & Paykel

Forma full face Mask has an under-chin design and incorporates a two-part cushion assembly. The auto adjusting inner FlexiFoam Cushion helps contour the mask to a wide range of faces and promotes optimal frame alignment. The outer silicone seal is frosted to provide a leak resistant surface.



Review:

- The Forma features a unique under-chin design.
- The dual cushion is very comfortable. One cushion is foam as opposed to gel or typical silicone that other brands offer.
- Glider Straps and Easy-Release Cord distribute pressure equally across the face and automatically adjust the mask alignment during sleep.
- It also has an Air Diffuser that disperses airflow away from the sleeper and bed partner and minimizes exhaust noise.

Cautions:

Recommended that you try on this mask before purchase. The under-chin design may not be suited to those with a shorter face. Often seems to be too big or too long for those who wear a size small mask.

Swift LT for Her by ResMed

The Swift™ LT for Her is a nasal pillow mask system made with women in mind. It is designed to be less bulky and to accommodate smaller facial structure and longer hair.

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Review:

- The adjustable back strap can be worn over or under the hair to accommodate a wide range of hairstyles.
- Headgear stability arms with soft wraps (which are included) are expandable to accommodate various facial widths, including narrow or wider faces. This feature also minimizes facial contact and pressure marks.
- Package includes Extra Small, Small, and Medium size nasal pillows.
- Rotating barrel adjusts pillows to the most convenient angle for placement in nostrils, which promotes a better seal.
- Comes packaged with optional tube retainer that allows tube to be worn over the head or either side of the face.
- Unique dual-wall nasal pillows system seals softly for improved stability, comfort and reduced airflow into the nasal passages—a particular advantage for side sleepers.
- Quiet vent design disperses air gently away from patient and bed partner.
- This mask is very lightweight and easy to wear.



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Swift FX by ResMed

The Swift FX is a nasal pillow mask system. It has a minimalist design to help lessen claustrophobic feelings and increase compliance. Makes minimal contact with and pressure on the face.



Review:

- If you like nasal pillows, you will love the simplicity and comfort of this new mask.
 - If you have tried nasal pillow and were disappointed, try this one, which has superior fit and comfort.
 - This is the easiest to use nasal pillow system I have ever seen.
 - Mask has dual wall nasal pillows and soft flexible cushion base which means it will move with you, reducing the likelihood of pillows coming out of the nostrils when you change sleeping position.
 - A 360-degree rotating tube allows you to sleep in any position and place the small flexible tube as you desire.
 - Tubing is high quality and extremely flexible, unlike other nasal pillow tubing that tends to crease and split easily.
 - Small, Medium, and Large pillows are included in the packaging.
- Soft Wraps are included. (These wraps are optional but fit over side strap to reduce or eliminate strap marks on face.)
 - Minimally strapped headgear is "hair friendly" for men and women.
 - Entire system is very lightweight.
 - When testing this mask, it continued to seal well at a pressure setting of 20. The seal did not require over-tightening of the straps, reducing the likelihood of strap marks and pressure point soreness.
 - This one is a real winner.

Cautions:

No extra small or extra large nasal pillows are available.

Micro by ResMed

Mirage Micro is a nasal mask with a variety of adjustment features meant to customize for a wider range of patient use. Forehead support adjusts to 24 distinct positions. Includes dual-wall cushion.



Review:

- Comes in small, medium, large, large wide, and extra large sizes.
- Includes the popular ResMed dual wall cushions that seal very well.
- This mask is particularly suited for patients with large noses. Deep mask frame design accommodates a greater range of nasal structures.
- The Micro includes the MicroFit dial at forehead to reduce leaks and is especially helpful in preventing leak in the eye area.
- Also, it is easy to use the MicroFit dial in bed with lights off, when changing sleeping positions for example.
- Slender frame design offers improved field of vision.
- This mask is easy to clean!

Cautions:

Dual-wall cushions must be "seated" properly. Make sure you fit the mask while in bed with machine turned on. It is best to adjust straps while lying in sleeping position. Seat the mask by pulling it out from your face to let cushions inflate then gently seat back to the face. You may have to do this more than once but it is well worth it. ResMed dual-wall cushions seal incredibly well when seated properly.

Zest by Fisher & Paykel

The innovative design of the Zest™ Nasal Masks combines a silicone seal with an air diffuser. Minimalist mask is compact and light; designed for quiet and comfort.



Review:

- Comes in large variety of sizes including Zest Petite, Zest, and Zest Plus.
- Features F&P unique foam cushion, which is lightweight and made to conform naturally to the patient's face.
- Features the Easy-Clip Silicone Seal that allows one-step connection or removal for quick and effortless cleaning. It's easy to get back together too!
- This is a very quiet mask. It has a maintenance-free Air Diffuser, which disperses the airflow away from the sleeper's partner, and minimizes exhaust flow noise.
- Includes F&P glider for easy adjustment while in bed and in the dark.

FlexiFit 405 by Fisher & Paykel

The FlexiFit™ 405 Nasal Mask offers an over-the-nose mask solution. It is designed to be comfortable and user-friendly. The nasal mask includes a unique adjustable strap and comes fully assembled.



Review:

- This is a great out-of-the-box solution; mask comes fully assembled and ready to wear.
- Features hidden strap release, which is so easy to use.
- Foam cushion has F&P FlexiFit technology that gives an auto contouring fit for an excellent seal.
- Features F&P glider straps that make readjustment easy when in bed, in the dark—especially when you change sleeping positions.
- Air diffuser makes this a quiet mask.

FlexiFit 432 Full Face Mask by Fisher & Paykel

The FlexiFit 432 is a second-generation, full-face mask for CPAP users that covers nose and mouth. It incorporates a new foam cushion combined with a contoured silicone seal.



Review:

- This under-chin design is still a favorite with patients.
- Features F&P unique foam cushion, which is lightweight and made to conform naturally to the patient's face.
- Features F&P glider straps that make readjustment easy when in bed, in the dark—especially when you change sleeping positions.
- Features easy-release strap that makes it simple to remove.
- Mask is shipped fully assembled, ready to use right out of the box.
- Ample air diffuser makes this mask quiet.

Cautions:

Comes in only small, medium and large sizes. If you need XL or petite options, you should consider a different mask.

FlexiFit 407 by Fisher & Paykel

Considered one of Fisher & Paykel's premium nasal masks for CPAP users. It is an over-the-nose mask solution that also includes comfortable Stretchgear™ Headgear and a maintenance-free bias diffuser. It comes fully assembled and ready for use.



Review:

- Features F&P unique foam cushion, which is lightweight and made to conform naturally to the patient's face.
- Mask is shipped fully assembled, ready to use right out of the box.
- A maintenance-free bias diffuser is not only quiet but also easy to keep clean. There are no diffuser filters to purchase and replace.
- Features unique glider straps which makes side-to-side mask adjustment easy to do when in bed, in the dark, and changing sleeping positions.
- Features premium headgear "Stretchgear" which features a special elastic section in the back of the headgear to maintain an equal force when head tilts up or down.

Cautions:

Is only available in "one size fits most." It is recommended that you try this mask on before purchase.

Mirage SoftGel Nasal Mask by ResMed

The SoftGel Nasal Mask is an over-the-nose mask that provides options for interchangeable cushions for greater versatility. SoftGel option is a premium, dual-wall gel cushion.



Review:

- The mask's unique cushion features an outer layer that provides unparalleled softness while the inner blue gel layer maintains stability and support. The dual cushions conform comfortably to different facial contours.
- This fits on the same mask frame as the popular ResMed Activa, which provides interchangeable flexibility.
- Available in small, medium, large, and large-wide sizes.
- Patients and bed partners report this is a very quiet mask.
- Diffuser can be easily cleaned with a soft bristle brush.

23 Ultra Mirage Full Face Mask by ResMed

The Ultra Mirage™ Full Face Mask is a proven mask that covers both the mouth and nose—which can provide effective therapy for mouth breathers. Includes a 4-position adjustable forehead support, quick-release headgear clips, and a 360° rotating elbow.



Review:

- The Ultra Mirage is available in a wide range of sizes, which means one size will most likely fit you. Available sizes include: Small Standard, Small Shallow, Medium Standard, Medium Shallow, Large Standard, and Large Shallow.
 - Forehead support has four adjustment positions to optimize seal and comfort.
 - Flexible forehead pads conform to the contour of the forehead to enhance stability and comfort.
 - Proven Mirage™ cushion technology provides an excellent seal without tight headgear so you don't have to face pressure sores and discomfort.
 - Set & Forget headgear needs fitting only once so you don't need to adjust the headgear every time you put your mask on.
 - Top and bottom headgear clips make putting the mask on and taking it off fast and easy so you have less fuss and more confidence.
 - Superior airflow and built-in air vents provide excellent CO2 washout to ensure effective therapy, even at low pressures.
- Designed to minimize air loss, beating the mouth leak cycle.
 - Polycarbonate mask is latex-free and neoprene-free, with a food-grade silicone cushion.

Mirage Activa LT by ResMed

The Mirage Activa LT is a premium nasal mask featuring headgear to fit a wider range of facial features. A lightweight mask with a dual wall cushion that is designed to automatically seal and stay sealed.

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Review:

- This mask frame also fits the Mirage SoftGel nasal mask cushions, giving you more versatility and options.
- Mask is available in 4 sizes: Small, Medium, Large, and Large-Wide.
- Features ResMed MicroDial that allows the patient to adjust mask in the nose bridge and forehead area for superior fit. This makes it a great choice for those with a narrow nose bridge.
- Features ResMed dual-wall cushion "active cell technology" which allows for a better seal.
- Slender frame design and compact cushion create an improved field of vision.
- Fewer mask parts make cleaning and assembly easy.

Cautions:

Dual-wall cushions must be "seated" properly. Make sure you fit the mask while in bed with machine turned on. It is best to adjust straps while lying in sleeping position. Seat the mask by pulling it out from your face to let cushions inflate then gently seat back to the face. You may have to do this more than once but it is well worth it. ResMed dual-wall cushions seal incredibly well when seated properly.

Mirage Swift LT by ResMed

The Mirage Swift LT is a nasal pillow mask that has no forehead support and only weighs 2.3 oz. This minimalist option also has a rotating barrel and dual-wall nasal pillows.



Review:

- This nasal pillow mask is very lightweight and easy to use.
- Each mask is packaged with small, medium, and large nasal pillow inserts. So there is no need to try to guess what size you need.
- Nasal pillows fit on a rotating barrel so angle adjustment into the nostrils is very easy.
- Features dual-wall nasal pillows, which makes for a more comfortable fit and seal.
- Nasal pillows are compact in design and nothing lies above the nostrils. You won't have to worry about forehead pads and nose bridge soreness.
- Overall lightweight and quiet venting makes this a nice choice.
- It is a very compact mask that is so, easy to clean and travel with.

V2 Full Face Mask by Hans Rudolph

Hans Rudolph's latest full-face mask 7600 V2 features an anatomically contoured facemask design with ribbed support for a leak-free, comfortable fit.



Review:

- This is one of the few full-face masks that is designed with no forehead pads.
- Mask is available in 5 sizes: Petite, Extra Small, Small, Medium, and Large.
- Headgear is available in 3 sizes: Small, Medium, and Large. This is a big deal to have headgear available in something other than "one size fits most" because we know one size leaves out those with small or large heads, which includes a LOT of us!
- Mask is dishwasher safe!
- Anti-Asphyxia Valve (AAV) allows patient to breathe room air if the CPAP or Bilevel device malfunctions. Valve opens at mask pressures less than 3cm H2O.
- The 360° Dual Swivel Elbow Port with Detachable Swivel Port provides improved patient freedom of movement.
- Mask includes new Quick-Release Strap Clips for quick and simple mounting and dismounting of headgear.
- Hans Rudolf is a small but reputable family owned manufacturer (since 1960) who takes pride in their products made in the USA.

Cautions:

Unfortunately not many home healthcare providers carry Hans Rudolph masks, so you may have to buy online. But it is very important with all masks to try them on before you buy. Never assume you know your mask size. A medium in one brand may be a large in another. There are even mask frame size differences within the same manufacturer's product line. Hans Rudolph has a unique mask sizing. You can call Hans Rudolph and ask them to send you a sizing gauge.

U.S.A. & CANADA: (800) 456-6695

MiniMe nasal mask by Sleepnet

Although MiniMe is one of the few masks approved by the FDA for children, it is also a great choice for the adult who has a small face or fine facial features.



Review:

- The MiniMe nasal mask features a soft gel cushion.
- This gel-fit system allows almost infinite adjustments to contour to the patient's face. The ultrasoft "comfort fit" gel also helps care for a younger patient's soft skin, protecting it against marking and air leaks, increasing likelihood of compliance with prescribed therapy.
- The headgear is available in 3 sizes and fits pediatric sized heads (head circumference of 14" and up). To find head size, measure circumference of head just above eyebrows.
- Mask is latex free and made in the USA.

Cautions:

Very small mask for very small noses. This mask will not fit most adults.



sleep  connect
www.sleepconnect.com