

# How to Put Your Nasal Mask On



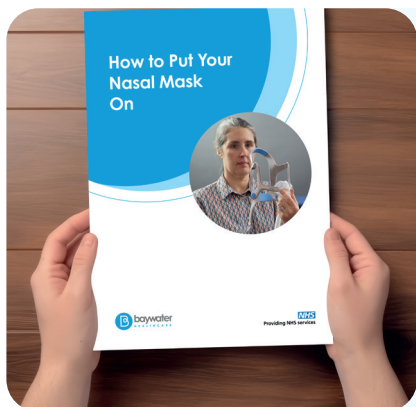
# How to put on your nasal mask



CPAP is an easy way of saying: Continuous Positive Airway Pressure



A CPAP machine helps you to breathe when you are sleeping.



This leaflet tells you how to put on your nasal face mask.

# Putting on your nasal mask



Undo the clips on the bottom straps of your nasal mask.

Lift the straps up.



Put the soft plastic part of the mask over your nose and hold it in place.



Pull the mask straps over your head.



Fasten the clips on the bottom straps back on to your mask.

# Changing the length of the straps on your mask



Put the nasal CPAP mask on your face.

Undo the Velcro on both head straps at the top of the mask.



Pull both straps back gently at the same time to make them tighter.

Let the straps out to make them longer.



Undo the Velcro on both head straps at the bottom of the mask.



Pull both straps back gently at the same time to make them tighter.

Let the straps out to make them longer.



Make sure the mask is not too tight.

You should be able to put a finger under the straps.



# What to do if you find it hard to put on your mask



Look in the mirror to help you put the nasal CPAP mask on your face.

A mirror can help you to put on your mask in the right place.



Ask someone to help you if you find it hard to put your mask on.



Speak to your healthcare staff if you cannot put your mask on.

# Keeping you safe and healthy



If you do not use your CPAP machine your sleep problems will not get better.



If you do not use your CPAP machine you could get very poorly.

You could have problems with your heart or your blood.



Your CPAP machine keeps you healthy and helps to stop you from dying too young.



**You must keep using your CPAP machine to stay safe and healthy.**

**If you have any problems, speak to your healthcare staff straight away.**





If you have any questions or need any more help, speak to your Healthcare Professional.

**Baywater Healthcare**  
Wulvern House  
Electra Way  
Crewe  
Cheshire  
CW1 6GW



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