

# How to Put Your Under the Nose Mask On



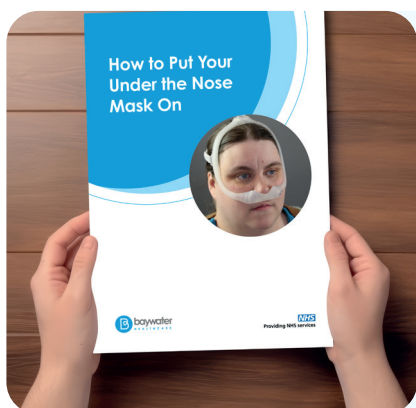
# How to put on your under the nose mask



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 under the nose mask.

# Putting on your under the nose mask



Put the soft plastic part of the mask with the hole for your nostrils directly under your nose so there are no gaps.



Pull the mask straps over your head.

# Changing the length of the straps on your mask



Put the CPAP mask on your face.

Undo the Velcro on both sides of the strap at the back of the mask.



Pull both sides of the strap back gently at the same time to make it tighter.

Let the strap out to make it 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 under the nose 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.

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