

# EasyLife patient and clinician fitting guide

## Sizing the mask

To determine the appropriate mask size, use either the EasyLife plastic sizing gauge or the sizing gauge that is part of the mask packaging. Choose the smallest size that is wide enough to extend beyond the nostrils but does not obstruct normal nasal breathing.



## Making initial adjustments



Hold the mask cushion over the nose and pull the headgear over the head.

**Note:** Over-tightening of the headgear straps may hinder the mask's performance and seal. The headgear should fit loose and comfortable. If the skin bulges around the outer support cushion, loosen the headgear straps.



Evenly adjust the headgear straps to a comfortable position by using the tabs on both sides of the headgear. The upper straps will rest above your ears. The lower straps will sit below your ears, and the headgear will rest at the base of the head.



Attach the tubing to the tubing swivel and turn on the airflow. Make final adjustments while lying down. If necessary, evenly adjust the headgear straps so that the mask is comfortable and lightly touching the face. Do **not** over-tighten the headgear straps.

## Identifying and adjusting for leaks

While lying down, raise the therapy pressure to the prescribed level. In the event of leaks that may prevent sleep, follow these steps to obtain a better seal:



1. Re-seat the mask. Pull the mask directly away from the face then gently set it back into place allowing the cushion to create a new seal.



2. Adjust the **upper** headgear straps to eliminate leaks around the eyes. Adjust the **lower** headgear straps to eliminate leaks around the cheeks and upper lip.

If leaks are still present, apply pressure with the finger in the location of the leak. If this eliminates the leak, slightly tighten the strap closest to the leak. Do **not** over-tighten the headgear.

The inner cushion provides a comfortable and automatically adjusting seal. The outer cushion is not designed to provide a seal, but provides stability and support to the mask and is expected to have visible gaps around certain areas.

## Removing the cushions



Pull outward and upward on the blue attachment tabs on each side of the outer support cushion until this cushion separates from the mask frame.



Remove the outer support cushion.



Remove the inner seal cushion, which has a blue flap.

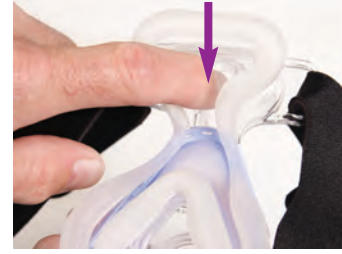
## Attaching the cushions



Place the blue flap of the inner seal cushion onto the mask frame. Make sure that the blue flap completely covers the lip on the mask frame. If the lip is not completely covered, the mask may leak once assembled.



Place the outer support cushion, with tabs facing downward, around the inner seal cushion. Press gently until all three sides click into the mask frame. Gently tug on the cushions to make sure they are securely in place.



Gently press the forehead pad into the forehead pad slot in the mask frame.

Please visit [www.philips.com/easylife](http://www.philips.com/easylife) for fitting videos

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Printer JJ 09/25/09 MCI 4102846 PN 1067421

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