



Chinstrap instructions

Note: We highly recommend that you have an assistant help you with your chinstrap to ensure proper fit and adjustment.

Applying the chinstrap

Note: This chinstrap is intended to be applied before your CPAP mask and headgear.

1. With your mouth closed, wrap the chinstrap under your chin and over the top of your head. Place the strap so that it is as forward as is possible and is comfortable. Fasten the strap with the VELCRO® pads over the crown of your head.
2. For additional security, place one of the two support straps across the back of your neck and connect it to the chinstrap. Place the other support strap across your forehead and attach it to the chinstrap. Adjust the chinstrap as necessary.
3. Once the chinstrap is applied, place your mask and headgear on and adjust them according to the manufacturer's instructions.

Note: DO NOT OVERTIGHTEN THE CHINSTRAP, BECAUSE DOING SO MAY CAUSE DISCOMFORT.

Removing the chinstrap

The straps of the chinstrap are stretchable and may be removed by sliding the mask, headgear, and chinstrap over your head as a unit. If this is not possible without discomfort, remove chinstrap first, then remove the mask and the headgear.

Cleaning the chinstrap

We recommend that you wash the chinstrap at least once a week with a mild detergent and air dry it to maintain its shape and comfort. Slight adjustments to your chinstrap may be required after several washings.

Note: DO NOT MACHINE WASH, MACHINE DRY, OR IRON YOUR CHINSTRAP.