

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. Place your chin in the chinstrap cup and, with your mouth closed, gently pull up on both straps, fastening them to each other with the VELCRO® fastener.
2. Fine-tune the adjustment so that your mouth will not drop open.
3. Once the chinstrap is attached, 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.