



1. Place RemZzzs™ directly on top of the silicone mask cushion. *Note: Place forehead liner on forehead cushion, if applicable.*



2. Lean face downward toward mask, fitting nose and mouth into hole of RemZzzs™. *Note: For Nasal masks, fit nose into hole only.*



**3. Press face against RemZzzs™ while returning head to a normal upright position.** *Note: It is common for liner to curl toward mask.*



**4. Snap mask fasteners into place and adjust tightness.** *Note: For best fit, you may need to adjust RemZzzs™ around nose and mouth by pulling outward on protruding edges, leaving 1/2 – 3/4 inches sticking out beyond the mask cushion.*

**For best results, use one fresh RemZzzs™ facial liner each night.**

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