

# As easy as 1-2-3

A great nasal interface deserves a proper fit to enhance patient comfort, satisfaction, and ultimately, compliance. The Headrest™ with nasal seal is a uniquely innovative design and is remarkably simple to fit on a wide variety of patients. By following these basic instructions you'll discover how easy it is to provide your patients all the benefits of a well-fitting interface. Use the Headrest with nasal seal, you'll always get the perfect fit™.

## 1 Secure

The Headrest™ is the foundation of the perfect fit.

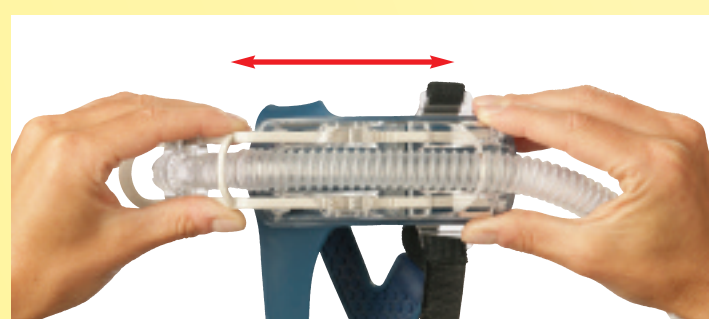
- The Headrest™ features three Velcro® adjustment straps, two at the crown and one at the rear of the head; it also has two mechanical adjustments, one horizontally across the crown of the head and one vertically at the front of the face.
- The Velcro adjustment straps and mechanical adjustments should be opened to their widest points to begin the fitting.
- The headgear strap should be situated on the forehead at or slightly below the natural hairline; the curved portion of the strap should be at the top of the ear.
- The rear Velcro adjustment strap should be placed at or just slightly above the nape of the neck, it should be securely affixed and is key to a secure foundation.
- The crown Velcro adjustment straps should be loosely adjusted until they lay flat against the head, do not over-tighten.



## 2 Adjust

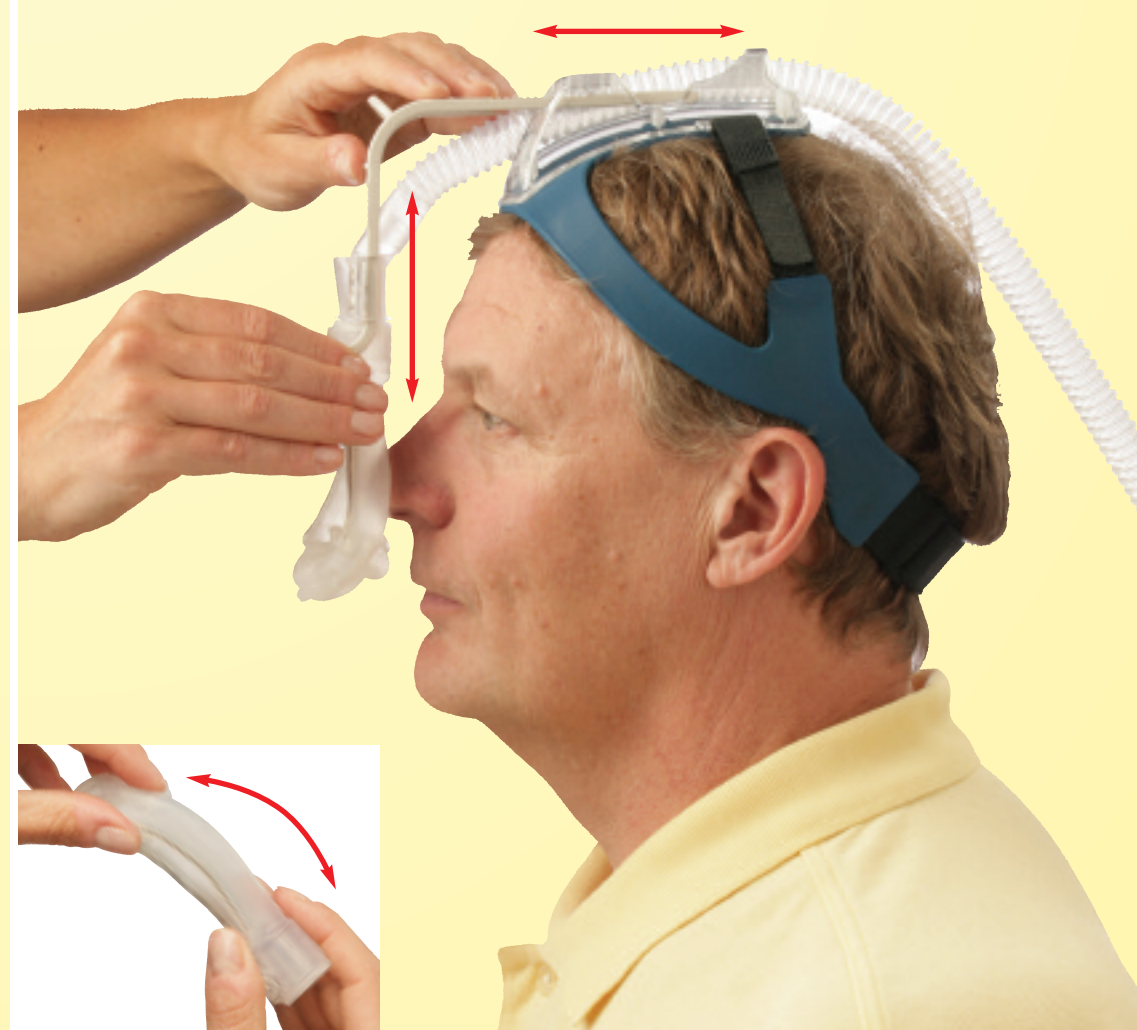
To fit the nasal seal:

- Select a nasal seal from the interface kit, if you are uncertain of which size to use it is recommended to start with the smaller size first.
- Attach the seal, with it sideways align the guides on the neck of the seal with the connector on the Headrest, slide the seal onto the connector and turn it toward the face to lock it in place.



- Now, adjust the Headrest base by moving the horizontal adjustment at the top of the head until the seal is sufficiently close to the face.

## 3 Complete



To fine-tune the fit:

- Move the nasal seal adjustment vertically until the seal is comfortably introduced to the nares.
- If needed the overmolded stainless steel wire can be adjusted to accommodate the patient's nose for a personalized fit.
- Finally, attach the 22 mm hose from the Everest™ CPAP to the interface and pressurize the nasal seal at the therapeutic pressure, ideally the patient should be lying down.

Now, your patients can experience the perfect fit and comfort of Headrest with nasal seal.

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The Perfect Fit.™  
headRest™  
It's more than just headgear.™