Instructions for use:

1. Put the 2 larger holes over the nasal pillows with the smaller holes toward you.

   Take your thumb and forefinger and stretch both small holes as needed.

2. Fold the fabric towards the pillows and lay the small stretched holes over the end of the pillows, as illustrated. Pillows must protrude through the stretched holes.

3. Hold the pillows to your nose and pull head gear over your head. Adjust the liner for a comfortable fit with your thumb and forefinger. If you temporarily remove the CPAP or respiratory mask, please follow steps 1-4 as needed, for secure fit and maximum effectiveness.