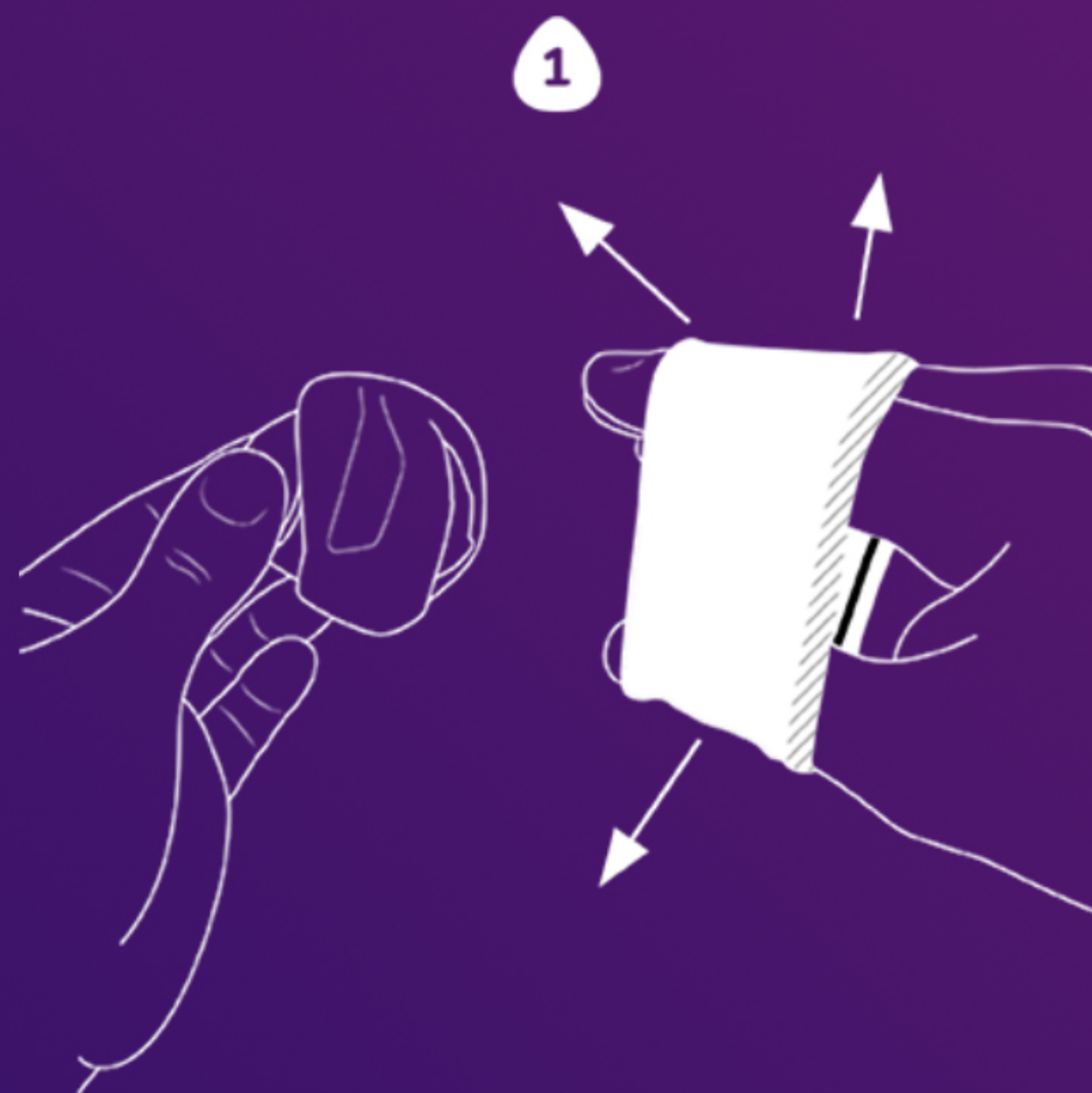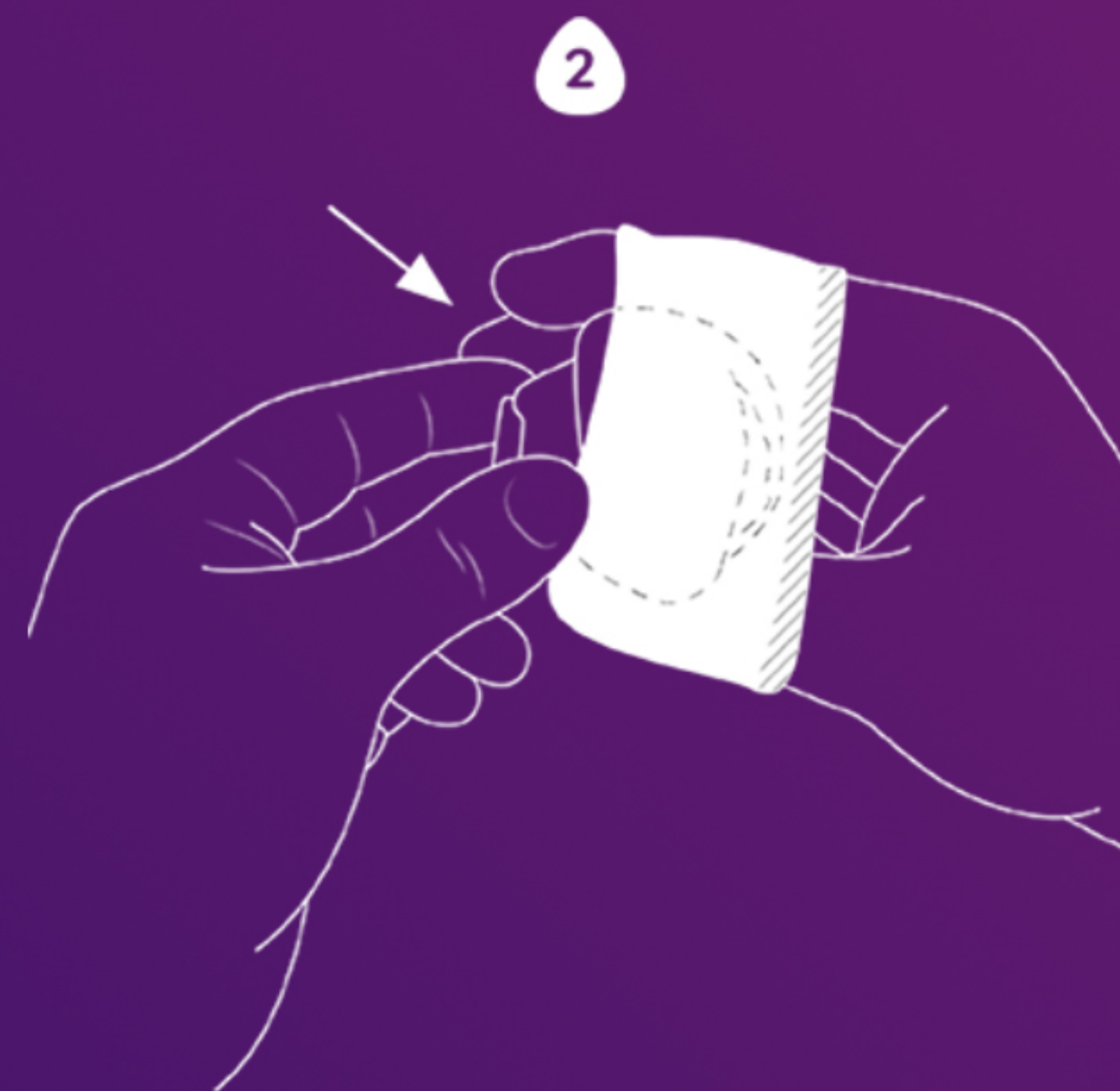# Nasal CPAP Mask Liner Instructions & Tips from Snugz
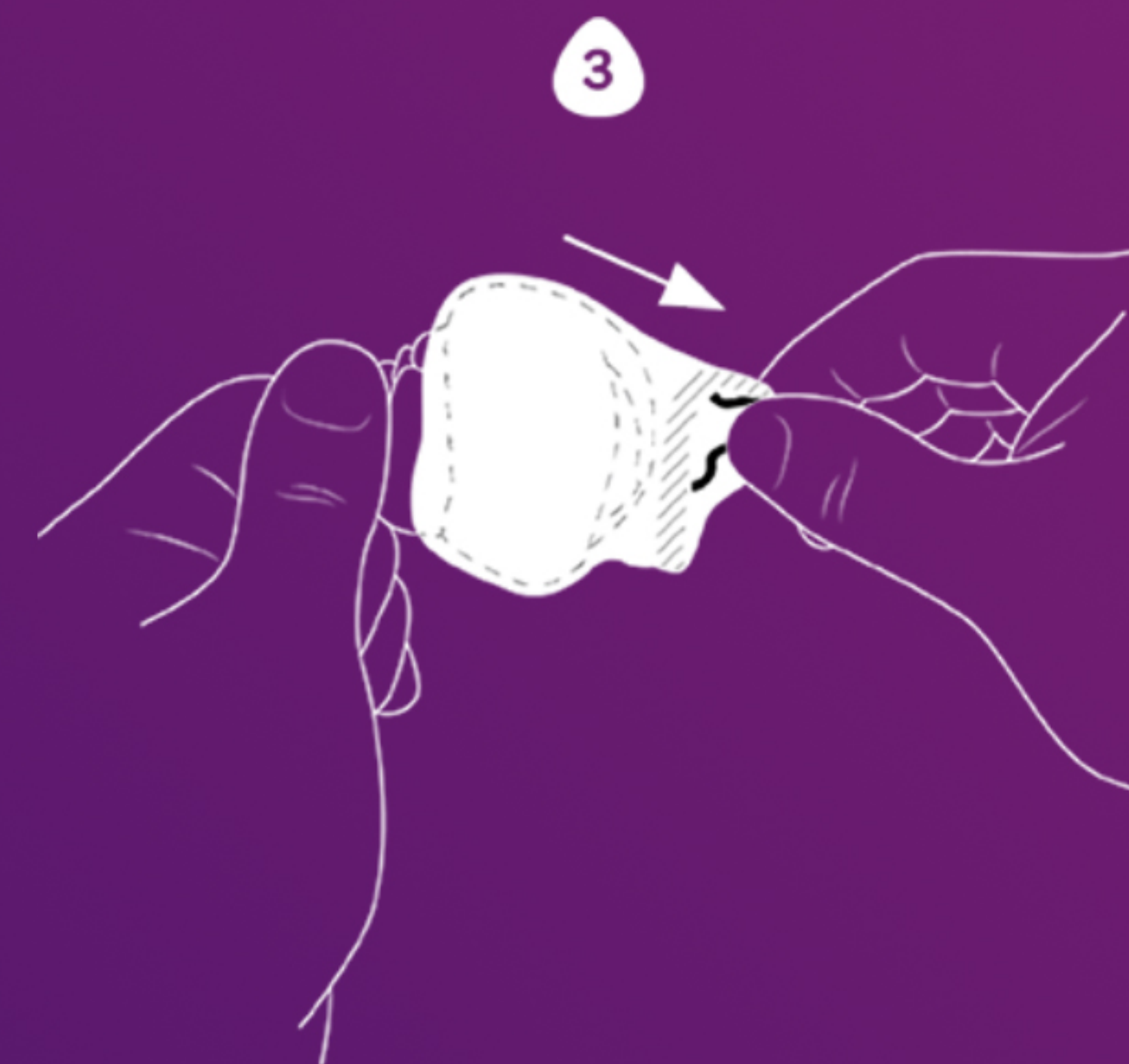
Using Snugz couldn't be any easier. Here's how:

1 First, slide your hand through the mask liner with the black line towards your knuckles. Use your fingers to spread the liner open.

2 Next, stretch the liner over your nasal mask so that it covers the rubber mask cushion. Easy enough.

3 Then, pull the end of your Snugz with the black line so that it extends about half an inch (1.25 cm) past the rubber cushion.

4 Finally, use your thumbs to fold your Snugz inside the mask so that the black line is behind the inner edge of **the CPAP nose gel pad.**