

Amara View fitting guide

Achieving the right fit with Amara View is easy; just follow the instructions below or watch a video at www.philips.us/youramaraview

See OIS fitting guide for complete instructions.



Loosen headgear to a large setting, then grip and twist the headgear clips away from the frame to disconnect.



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Hold the mask against your face. Place the mask under your nose and over the cushion nostril opening. Push the mask cushion up.

(Note: Do not place the mask over your nose or place your nose in the cushion nostril opening.)



Pull the mask over your head.



Press the headgear clips into place to connect to mask.



Pull back the tabs on the headgear to evenly adjust the top and bottom straps. Pull back the tab to adjust the crown strap.

6



Connect the flexible tubing (included with your CPAP or bi-level device) to the Amara View quick release tube.

Helpful tips



Here are some tips to keep in mind when fitting and using your Amara View sleep apnea mask.

1

The mask should rest comfortably against your face. The cushion nostril opening goes under your nostrils. The headgear should be away from your eyes. The bottom of the mask cushion should rest just above your chin with your mouth slightly open.

2

The most common mistake is over-tightening the headgear. The headgear should fit loosely and comfortably. If your skin bulges around the mask or if you see red marks on your face, loosen the headgear.

3

When fitting, assume different sleeping positions. Move around until comfortable. If there are any excessive air leaks, make final adjustments. Some air leaking is normal.