



## FITTING YOUR MASK

1. Holding your mask in one hand, spread the Stretchgear™ headgear (H) with your free hand just enough to fit comfortably over your head.
  2. Lightly hold the mask against your face covering the nose then slowly pull the headgear over your head.
  3. Attach the Headgear to the Glider™ Strap (E).
  4. Pull the lower straps as low as possible down back of neck. Gently tighten straps to remove slack. Connect to CPAP machine set at prescribed pressure.
- If necessary, tighten the lower straps to eliminate any leaks (Avoid overtightening the straps).
  - When you need to remove your mask, unhook the Stretchgear™ headgear from the Glider™ strap.

## FITTING TIPS

- Forehead pads should rest gently on the forehead without top straps being pulled too tight.
- If there are any leaks after gently tightening the top and lower straps, pull the mask slightly out from the face while straps are still attached. This will allow silicone seal to inflate with air. Put the mask back onto the face.

The FlexiFit™ HC407 and accessories are Latex free.

Many people find CPAP therapy causes dryness of the nose and throat. Heated humidification can substantially reduce these symptoms. Contact your supplier and ask about Ambient Tracking® Plus.

