



Easy as 1-2-3-4

RemZzzs® CPAP mask liners are so comfortable and easy to use, you'll wonder how you ever wore your CPAP mask without them. For maximum results, use one fresh RemZzzs® facial liner each night and follow the step-by-step instructions below for proper use.

Please contact us for support @ 877-473-6999 Ext. 0 or info@remzzzs.com

Have a great night's sleep!



1. Place RemZzzs® liner directly on silicone mask cushion. Align top of hole in liner with top of hole in mask.

Note: If applicable, fold rectangular forehead liner and place on forehead piece.



2. Lean face downward placing nose into lower half of hole in RemZzzs® liner.

Note: For full face masks, liner may partially cover mouth at this stage of placement.



3. Press face against RemZzzs® liner while returning head to a normal upright position. Attach headgear and adjust to a comfortable fit.

Note: Step 4 is VERY IMPORTANT to ensure proper fit, keeping the liner in place and preventing skin contact with mask during sleep.



4. Finally, pull firmly on protruding edges of RemZzzs® liner to stretch hole around nose and mouth (or nose for nasal mask) for a custom fit. This should result in a minimum of 1/2 to 3/4 inch extra liner on outside of mask. Note: Stretching is very important for optimum performance. Extra liner will curl away from face.

We have found that most patients achieve success when provided instructions for proper placement of the liners. **Naturs Design, Inc.** would like to offer our support and are available for your questions any time. 877-473-6999 / info@remzzzs.com