



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](mailto: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](mailto:info@remzzzs.com)