

**QUESTIONS? CONTACT US!**

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## INSTRUCTIONS:

1. Print on U.S. Letter- or A4-sized paper. Ensure you select “Actual size” and not “Fit” in the printer settings.
2. Place your ruler on the scale below and ensure they measure the same.
3. Carefully cut along the dotted lines.
4. Hold the guide so that it presses against the underside of your nose.

**TIP:** For the best performance, use the smallest cushion that fits your nose. It is always recommends consulting a physician or registered Sleep Therapist in fitting a mask to ensure a proper sizing and fit.

Use a mirror or someone at home to assist you with sizing.

