Instructions:

1. Print out this Adobe PDF File at 100% on your printer. Use the print accuracy check at right to ensure printing at the proper size.

2. Fold the bottom part of this page on the dashed line.

3. Cut along the dotted line around the fitting gauge.

4. Place the fitting gauge on your nose as shown in the picture below.

5. Determine the appropriate size where the outer edge of your nostrils and tip of your nose contact the fitting gauge. (S - Small, M - Medium, MW - Medium wide or L - Large)

Tip: For the best performance, use the smallest cushion that fits your nose.

Phils Respironics always recommends consulting a physician or registered Sleep Therapist in fitting a mask to ensure a proper sizing and fit.