

CPAP Leaks

How to Fit a CPAP Mask to Prevent Air Leaks?

01. Get Your Bed Comfortable

Prepare your bed for sleep. This reduces unwanted trips out of bed after you have the mask on.

02. Turn your CPAP ON

Your mask should be filled with air when fitting.

03. Put The Mask On Sitting Upright

Put the mask on just so that it rest on your face. It should be leaking at this time. (If you have a Resmed adjustable mask crank it out so that the forehead is pushed out as far as possible).

04. Lay Down On Your Back and Listen to Your Mask Leaks



Doing this trains your mind to hear them. Adjust the bottom straps first. Undue them and pull them straight out from the mask (the mask will want to slide down the straps).

This is to even out the straps. If they are not even, stop and fix it! Now evenly tighten the mask down just enough to form seal around your mouth (for full face masks) or the bottom of your nose(for nasal masks).

How to Fit a CPAP Mask to Prevent Air Leaks?

05. Do the same with the top straps

Remember the top strap is more of an anchor. It should rest on your forehead rather than dig into it. (At this time if you have a Resmed adjustable mask crank it down. It should hug the bridge of your nose and finish the seal).

TIP 1: You should not be uncomfortable and you should not have any leaks. The mask should be resting on your face at this point, not digging or rubbing but resting. If it hurts, loosen it.

TIP 2: If you hear leaks you have two options:

- pull the mask straight up from your face and set it back down. This will sometimes fix it.
 - you can run your finger in between the seal and your skin all the way around the mask to ensure that the seal is folded under to do its job.
-

06. Turn on your side

Once you have these steps down, the others are easy. Turn on your right, and left sides and adjust to get rid of leaks as well. This is important because the seal won't be the same on your sides as it is on your back. Prepare for success and adjust for all positions.

Remember it only has to be as tight as you can handle comfortably. If you can't form a comfortable seal then you need a different mask.

Good luck!

[For more Mask Fitting Tips Click Here.](#)