



Number 1 Sleep Apnea Mask Brand Preferred By Patients



# HOW TO SELECT YOUR CPAP MASK

# BOOK

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## There are 3 CPAP Mask Types as follows:

There are three main types of CPAP masks, and they're generally available in all sizes.

- Full face masks cover your nose and your mouth;
- Nasal masks fit over your nose only, offering a lighter fit than full face masks; and
- Nasal pillow masks are even more lightweight and minimal than nasal masks, offering a high level of openness and visibility.



## 1) Full Face Mask

If you are a mouth breather, you need to select the full-face mask which cover nose and mouth.

The full-face CPAP mask covers a larger area, from near the top of the nose bridge to beneath the lower lip, forming a seal over the nose and mouth. It is typically comprised of supportive pieces that fit over the forehead and cheeks to ensure a secure fit. Though it is larger than the other two options, some patients find it more comfortable because it allows them to breathe orally (through their mouths) without compromising pressure delivery, which can help alleviate claustrophobia.

Individuals who suffer from dry mouth benefit from a full-face mask because the humidified air keeps the oral and nasal passages moist. Additionally, those who require a higher pressure setting for their therapy benefit the most from this type of mask.

Because a full-face mask has a larger contact area in general, leaks are more likely to occur. For those with facial hair, particularly those with beards, mustaches, or sideburns, any of the points where the mask meets the beard, mustache, or sideburns indicates that therapy may not be as effective; it will be difficult to create a good seal, and leaks will occur. Additionally, this is not an appropriate position for someone who sleeps on their stomach.

However, back sleepers can anticipate excellent results with this type of mask



## 2) Nasal Mask

If you breathe from nose only, you may need a nasal mask. Also referred to as an oronasal mask, the nasal mask is worn exclusively over the nose. The mask is shaped like a rounded, triangular dome to fit comfortably over the contours of the majority of faces.

Nasal CPAP masks are available in a variety of shapes and sizes, making them a popular choice because there is one to fit nearly every user.

The nasal CPAP mask delivers pressurized air into the mask's space via the tube. Air is intended to be inhaled solely through the nose. This makes nasal CPAP an excellent choice for people who require higher pressures and breathe naturally through their nose.

This mask type delivers pressure less directly and feels more like breathing regular air than other mask types. Individuals who toss and turn or prefer side sleeping can confidently use this type of CPAP mask.

However, individuals with nasal or sinus problems, such as head colds or allergies, may find the nasal CPAP mask uncomfortable in the presence of these conditions.



### 3) Nasal Pillows Mask

If you breathe from nose only, you also may need pillows nasal mask. Additionally, referred to as nasal cushions, this type of CPAP mask is significantly smaller in size. It is worn above the upper lip and is inserted at the outer edge of the nostrils, not over the nose.

The two pillows or cushions in the mask form a seal around the nose and rest at the nose nostrils, delivering pressure more directly than with a nasal CPAP mask. Nasal pillows are minimalist in design, with less obtrusive headgear and a smaller overall profile that allows for a clearer line of sight while wearing, making them ideal for people who read, wear glasses, or watch television before bed.

As is the case with the nasal mask, the nasal pillows are only effective when the user breathes through their nose.

Due to the direct nature of the seal, air is less likely to leak from nasal pillows. Individuals who toss and turn at night typically do well with this type of mask.

However, individuals who require higher pressure settings for their CPAP therapy may feel uneasy using nasal pillows because their delivery system is too direct for higher pressure settings.

For those who have beards, nasal pillows may be the best option, as there is no additional hair to obstruct the seal in this type of CPAP mask. For some, nasal pillows provide an element of openness that alleviates claustrophobia more than other types of masks.

Due to the contact between the cushions and the skin, this mask may not be suitable for individuals with sensitive nostrils or nasal passages, as nosebleeds, dryness, or pressure sores may occur.



The CPAP mask is an important part of your overall CPAP therapy, delivering the air from the CPAP machine to your nose and mouth. So, as you might guess, your CPAP mask should be as comfortable as possible, and offer a complete seal around your nose and/or mouth (without leaving marks on your face or irritating your skin).

Luckily, many of the CPAP masks offered today are designed to do just that – provide a great night’s sleep without causing discomfort or irritation. Let’s explore what sets these different types of CPAP masks apart from each other, and look at the advantages presented by each group of masks.

Based on these descriptions, it may seem obvious that you’d prefer a lighter mask over a heavier one, or a smaller mask over a bigger one. But there are other factors to consider. For example, masks that cover more of your face can sometimes offer a better seal against leaking, leading to improved therapy. Likewise, if you have facial hair, you may find that you need a larger mask to get a better seal. Or, if you have claustrophobia, it’s likely that a smaller mask will feel more comfortable.

Despite a slightly greater weight, you may simply find that full face masks feel more comfortable – it often comes down to personal preference, and how a specific mask style will fit over the unique contours of your face. In any case, your doctor can help you try on a number of masks and determine which of them offers the best, most comfortable fit for you.

Finally, although the vast majority of CPAP masks fall within the three types listed above, we should note that they’re not the only types of CPAP masks available to treat sleep apnea. Less frequently prescribed masks include total face masks (covering the whole face), oral masks (covering the mouth only) and hybrid masks (offering various combinations of the previously described CPAP masks). Depending on how severe your situation is, you may find your doctor recommending one of them, although they’re not used as much as the three we’ve listed above.



Full Face

**AirFit™ F20**



Full Face

**AirFit™ F20  
For Her**



Full Face

**AirFit™ F30**



Full Face

**AirFit™ F30i**



Full Face

**AirTouch™  
F20**



Full Face

**Mirage  
Quattro™**

## AirFit™ F20

Designed to comfortably fit various face shapes, the AirFit F20 full face mask aims for a secure fit and comfortable seal while accommodating movement.

Item	Code
AirFit F20	63430, 63431, 63432
AirFit F20 for Her	63433, 63434



## AirFit™ F20 For Her

The ResMed AirFit F20 for Her full face mask is the female version of the AirFit F20. Designed specifically to give women a more personalised mask that better meets her unique facial features and adapts to the way she sleeps.

Item	Code
AirFit F20	63430, 63431, 63432
AirFit F20 for Her	63433, 63434



## AirTouch™ F20

This starter kit contains 1 x AirTouch F20 full face mask and 2 x UltraSoft memory foam cushions (3 months' supply).

Item	Code
Airtouch F20	630009, 630010, 630011



## Mirage Quattro™

With ResMed, you won't need to walk the therapy journey alone. We're here to offer help and support along the way, so you can get the most out of your ResMed product.

Item	Code
X-Small	61212
Small	61213
Medium	61214
Large	61215



## AirFit™ F30

Wake up in the morning without the tell-tale red marks across your nose.

The ResMed AirFit F30 has a modern look that provides less facial contact than a traditional full face mask. It's a great mask if you wear glasses to read or watch TV in bed.



## AirFit™ F30i

Designed for freedom, AirFit F30i delivers full face mask performance in an ultra-compact package. Its under-the-nose cushion and top-of-head tube connection give you the visual and physical freedom you deserve. Please choose your desired size option.



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## Are you and AirFit F20 a match?



I breathe through my mouth when I sleep



I have allergies



I get a stuffy nose at night

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## Are you and AirFit F30 a match?



I breathe through my mouth when I sleep



I can get a little claustrophobic



I watch TV in bed

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## Are you and AirFit F30i a match?



I breathe through my mouth when I sleep



I sleep in different positions



I can get a little claustrophobic

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## Are you and AirTouch F20 a match?



I breathe through my mouth when I sleep



I have sensitive skin



I have facial hair



Nasal

**AirFit™ N20**



Nasal

**AirFit™ N20  
For Her**



Nasal

**AirFit™ N30**



Nasal

**AirFit™  
N30i**

## AirFit™ N20

Designed to fit any face shape or size, the AirFit N20 moves comfortably with you through the night, providing a secure fit and comfortable seal tailored to your therapy needs.

Item	Code
AirFit N20	63521, 63522
AirFit N20 For her	63520



## AirFit™ N20 For Her

This nasal mask is the female version of the AirFit N20. It's specifically crafted to provide a woman with a mask that fits her unique facial features and adapts to the way she sleeps.

Item	Code
AirFit N20	63521, 63522.
AirFit N20 for Her	63520



## AirFit™ N30

ResMed AirFit N30 is a CPAP mask that has been designed to discreetly fit into your lifestyle, to help you stay on therapy. It's ResMed's lightest mask ever and features a soft, curved nasal cradle cushion and adjustable QuickFit™ elastic slip-on headgear.



## AirFit™ N30i

Sleep the way you want with the AirFit N30i nasal cradle mask. This nasal cradle mask features a top-of-the-head tube design that gives you the freedom to sleep in many different positions – ideal if you're a side or stomach sleeper. This mask is designed to leave your face clear so you can enjoy reading or watching TV in bed.



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## Are you and AirFit N20 a match?



I'm a side sleeper



I wear glasses



I watch TV in bed

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## Are you and AirFit N30 a match?



I'm a side sleeper



I wear glasses



I can get a little claustrophobic

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## Are you and AirFit N30i a match?



I sleep in different positions



I'm a stomach sleeper



I have a bed partner



Pillows

**AirFit™ P10**



Pillows

**AirFit™ P10  
For Her**



Pillows

**AirFit™ P30i**

## AirFit™ P10

The AirFit P10 nasal pillows mask comes complete with frame, a selection of nasal pillows, and adjustable QuickFit™ elastic headgear. The Standard AirFit P10 includes S, M, and L nasal pillows.

Item	Code
AirFit P10 Complete System (S, M, L)	62904



## AirFit™ P10 For Her

The AirFit P10 for Her nasal pillows mask comes complete with frame, a selection of nasal pillows, and adjustable QuickFit™ elastic headgear. The AirFit P10 for Her includes XS, S, and M nasal pillows.

Item	Code
AirFit P10 for Her Complete System (XS, S, M)	62914



## AirFit™ P30i

This tube-up pillows mask gives you the freedom to be you! This minimalist design stays out of your sight and out of your way so you can get cosy next to your loved one. Experience the flexibility to sleep in many different positions with the AirFit P30i.



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## Are you and AirFit P10 a match?



I can get a little claustrophobic



I wear glasses



I have sensitive skin

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## Are you and AirFit P30i a match?



I sleep in different positions



I'm a stomach sleeper



I watch TV in bed

Check the options below to see which mask matches your sleep style, grooming and comfort needs.

01

I sleep **on my stomach** ●

You can sleep in any position with these masks:

[AirFit F30i](#) → [AirFit N30i](#) →

02

I have a **beard** ●

An UltraSoft memory foam cushion or nasal pillows mask may be best for you:

[AirTouch F20](#) → [AirTouch N20](#) →  
[AirFit P10](#) →

03

I **toss and turn** ●

Active sleepers have more freedom to move in these masks:

[AirFit F30i](#) → [AirFit N30i](#) →

04

I have **sensitive skin** ●

Our UltraSoft memory foam cushions may be best for you:

[AirTouch F20](#) → [AirTouch N20](#) →

05

I get **allergies**, a **stuffy nose** or have a **deviated septum** ●

Full face mask options may be best for you:

[AirFit F20](#) → [AirTouch F20](#) → [AirFit F30i](#) → [AirFit F30](#) →

06

I breathe through my **mouth** when I sleep ●

Full face masks are best for you:

[AirFit F20](#) → [AirTouch F20](#) → [AirFit F30i](#) → [AirFit F30](#) →

07

I wear **glasses**, watch **TV** or **read** just before bed ●

You have a mix of mask types to choose from:

[AirFit F30](#) → [AirFit P10](#) → [AirFit N30i](#) →

## Minimalist masks

### Small. Light. Simple.

Designed to help you forget you're wearing anything at all.

## Small. Light. Simple.

Our Minimalist masks feature our lightest, lowest-profile designs.

### Full face mask

AirFit F30



### Nasal mask

AirFit N30



### Nasal pillows mask

AirFit P10



## Freedom masks

### Sleep in any position.

Designed with the air tubing connection on top rather than the front.

## Enjoy the freedom to move while you sleep.

Our freedom masks offer the flexibility to easily switch sleep positions.

### Full face mask

AirFit F30i



### Nasal mask

AirFit N30i



### Nasal pillows mask

AirFit P30i



## Ultra Soft masks

Patented memory foam offers unique comfort.

Enjoy the comfort and softness of UltraSoft™ memory foam.

## Our softest and gentlest masks.

Soft and breathable AirTouch cushions take CPAP mask comfort to the next level.

### Full face mask

AirTouch F20



### Nasal mask

AirTouch N20



## Classic designs that fit nearly every face.

Proven masks designed to fit a wide range of faces.

## Universal Fit masks

Classic designs that fit nearly every face.

Proven masks designed to fit a wide range of faces.

### Full face mask

AirFit F20



### Nasal mask

AirFit N20



## Choosing the best CPAP mask for you

Finding a CPAP mask is a personal decision. It's all about finding what works for you. Before you get started, here are some helpful tips on ResMed mask series and names.

### Our mask series names:

- 1 AirFit masks have silicone cushions
- 2 AirTouch masks have UltraSoft™ memory foam cushions

### Each series features different mask types:

- 1 Full face mask names have an "F" in the name — AirFit F20 or AirTouch F20
- 2 Nasal masks contain an "N" — AirFit N20
- 3 Nasal pillows masks contain a "P" — AirFit P10

ResMed masks come in a variety of styles and sizes to suit the needs of many patients. How can you choose a mask that best fits your needs? Find the answer with ResMed's frequently asked questions about masks.

**Q. How do I choose a mask that best suits me?**

A. It's important to choose a mask that's comfortable, otherwise you may not use it regularly. Although you'll be guided through this process by your equipment supplier or care provider, ResMed recommends trying on as many masks as you can, talking to other users and seeking out mask review online.

**Q. Should I choose a full face mask, nasal mask or nasal pillows? What's the difference?**

A. A full face mask covers the nose and mouth, a nasal mask covers the nose, and a nasal pillows mask rests at the entrance of your nostrils.

The mask type that best suits you depends greatly on personal needs and preferences. Some things that you may want to take into consideration are your facial anatomy, facial hair, whether or not you're claustrophobic, etc. Each mask has its own benefits, and you should discuss these with your doctor or equipment supplier so you can try on various mask styles and decide which is best for you.

**Q. Are there other benefits from using a full face mask?**

A. Even if you don't breathe through your mouth, you may still experience mouth leaks if you use a nasal mask. Mouth leaks can lead to less effective treatment and renewed sleep apnea symptoms.

**Q. I normally use a nasal mask. Can I use a full face mask when I have a cold?**

A. Yes. You should remember, though, that every mask has slightly different characteristics, so if you're using a ResMed device, you'll need to change the mask setting on the user menu when you switch masks

**Q. Can a full face mask be used with bilevel treatment?**

A. Yes, absolutely. A recent study\* shows that people who are using bilevel therapy are more prone to mouth leak and mouth breathing may be more likely to benefit from a full face mask. Mouth leak reduces the quality of your sleep and causes arousals throughout the night.

**Q. Can a ResMed mask be used with another manufacturer's CPAP device?**

A. Probably — but if you're using a non-ResMed APAP or bilevel device, you may want to check with the manufacturer to ensure it doesn't compromise your sleep apnea therapy.



You might be surprised. As the leader in CPAP innovation, our masks are constantly getting smaller, smarter and more comfortable.

## ResMed #1 preferred masks

As the (number one) sleep apnea mask brand preferred by patients,\* ResMed's masks provide the most effective sleep therapy possible — they're comfortable, lightweight and engineered for minimal coverage.

\*An independent survey was conducted with positive airway pressure patients from the United States, United Kingdom, Germany, France and Australia, including patients who have used more than one different brand of positive airway pressure mask. The survey was conducted by a third party, Decision Architecture Limited (formerly DVL Smith), at ResMed's request and expense.

Based on the collective survey results, of those expressing a preference, the data demonstrates, at the 95% confidence level, that ResMed is the preferred mask brand. The detailed results of the survey are proprietary to ResMed. This survey was conducted March 2017.

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