

My name is Victoria. I am a Respiratory Physiologist working in the Northern Health and Social Care Trust. I am going to talk you through how to correctly fit and adjust your CPAP mask to maximize therapy and comfort. This is the third video in the OSA Your Diagnosis and Treatment Series. This video has been produced on behalf of the Northern Health and Social Care Trust Sleep Investigations and Respiratory Medicine Departments.

This video explains why good mask fit is important for effective therapy. I will summarize the types of CPAP mask currently available and how to fit each interface and troubleshoot common issues.

Proper mask fit and comfort are crucial to CPAP therapy. It is important that you have the correct type and style of mask for your needs. If your mask is uncomfortable or makes you claustrophobic, you are less likely to use it. Fit is also important to create a tight seal. If your mask seal is loose, it can cause air to escape, working against the purpose of your CPAP therapy.

Leaking air can contribute to dry or irritated eyes or excess noise disrupting you or your bed partner. It also results in ineffective therapy. An installation technician will fit your mask at your initial therapy issue based on specific requirements and facial structure. This may be adjusted or changed in limited circumstances such as a change to facial shape or skin breakage.

There are two main types of CPAP mask. These are a full face mask, which covers your nose and mouth and the nasal mask, which covers only your nose. A full face mask is a good option if you mouth breathe when asleep. A nasal mask is smaller, which is good if you do not breathe through your mouth at night.

I will now show you the common styles of mask available in the Northern Health and Social Care Trust. Your mask may vary, however the instructions shown can be applied to any similar mask. Full face mask. There are two common styles of full face mask. A full contact full face mask. And a minimal contact full face mask. Full contact full face mask. To apply this style of mask, hold the front of the mask with one hand and the headgear with the other.

Ensure that one headgear clip is unhooked from the mask. Place the bottom of the mask on the groove of your chin and roll the mask onto the bridge of your nose. Guide the headgear over your head and secure the clasps. Gently tighten the straps of the headgear beginning with the bottom straps. Always adjust both sides at the same time.

Then adjust the top straps. It is important not to over tighten the straps of your mask as this can result in poor fit. You may need to adjust the fastening on the crown of the head to ensure the upper straps rest just above the ears. If you notice mask leak, you may need to adjust your mask. The headgear will stretch over time and regular adjustment is important.

Every face mask will have an exhalation port which allows carbon dioxide to be released. It is important to recognize that this is not mask leak. If you can feel air escaping from the upper part of your mask, around the eye area, you slightly adjust the top straps. If your mask is leaking from the tip of your nose down, adjust the bottom straps.

Minimal contact full face mask. To apply this style of mask, ensure the headgear clips are unhooked from the mask. Hold the front of the mask with one hand and the headgear with the other. Place the lower end of the mask against the groove of your chin and roll the mask up. Your nose will rest in the cradle at the top of the mask.

Guide the headgear over your head and secure the clasps. Gently tighten the straps of the headgear beginning with the upper straps. Always adjust both sides at the same time. Then adjust the bottom straps. If you notice that your mask is leaking, you may need to adjust your mask. You can do this by resetting the silicone around your nose or adjusting the straps.

Your CPAP tubing may connect to your mask at the front of your mask or on the top of your head. Nasal mask. To apply a nasal mask, remove one headgear clip from the mask. Place the mask over your nose and guide the headgear over your head. Connect the clasp while holding your mask by pressing it onto the mask frame.

Adjust the top straps evenly, then the bottom straps. Do not over tighten the straps. The top and bottom straps should remain parallel. In order to maintain a good mask seal with a nasal mask, you must not open your mouth with therapy on as air will escape.

Nasal pillows. To apply a nasal pillows mask, first use your fingers to carefully spread the mask side support. Then guide the two openings into your nostrils, holding the mask frame in position with one hand and guiding the headgear over your head with the other hand, positioning the headgear above the ear.

Then adjust the straps on both sides at the same time to achieve a comfortable fit. If you experience excessive leak, simply pull the mask out from your face and reposition. The nasal pillows should rest securely in your nostrils. If you are unable to maintain a seal, you may need to request a different size of pillow.

All CPAP masks have exhalation ports to prevent you re-breathing exhaled carbon dioxide. These ports should not be blocked. It is important to note that the air from these ports are not mask leak

If you require a new CPAP mask or have any issues regarding your mask, please contact the equipment provider. The contact number can be found on your CPAP machine. Thank you for taking the time to watch this series on obstructive sleep apnoea, your diagnosis and treatment.

Please take a few minutes to complete our feedback questionnaire on the video you have watched today. Thank you.