

**Recommendation:** Prior to selecting a chin strap, see your CPAP provider and work with your Respiratory Therapist to select the most comfortable chin strap during the initial fitting to ensure proper fit.

## **INSTRUCTIONS FOR USE:**

1. Secure the chinstrap around your head and chin prior to putting on your CPAP mask and headgear.
2. While holding each side of the strap, position the center of the chinstrap on your chin, then pull both straps around your head until the chinstrap is secure on your chin and around your head. The strap should be positioned over your ears.
3. Using your fingertips while holding the strap on the top of your head, fasten the Velcro to the strap to secure in place. You will want a snug fit and may need to repeat this process until your strap fits comfortably around your chin and head.
4. Then wrap around and fasten the support strap to the side of your head .

## **CLEANING INSTRUCTIONS:**

- Hand wash with mild soap and water once per week
- Lay on counter top to dry • Not made for machine washers or dryers
- Do not use an iron on product

