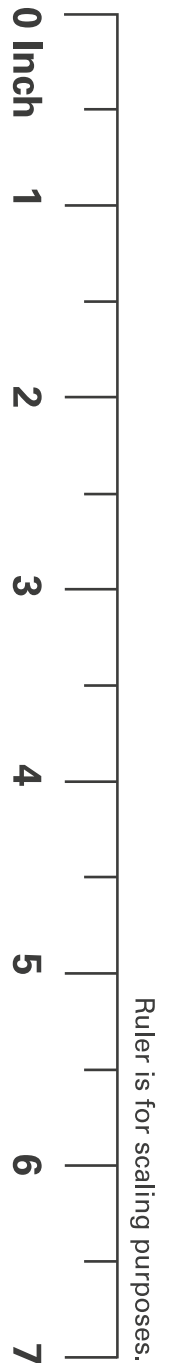
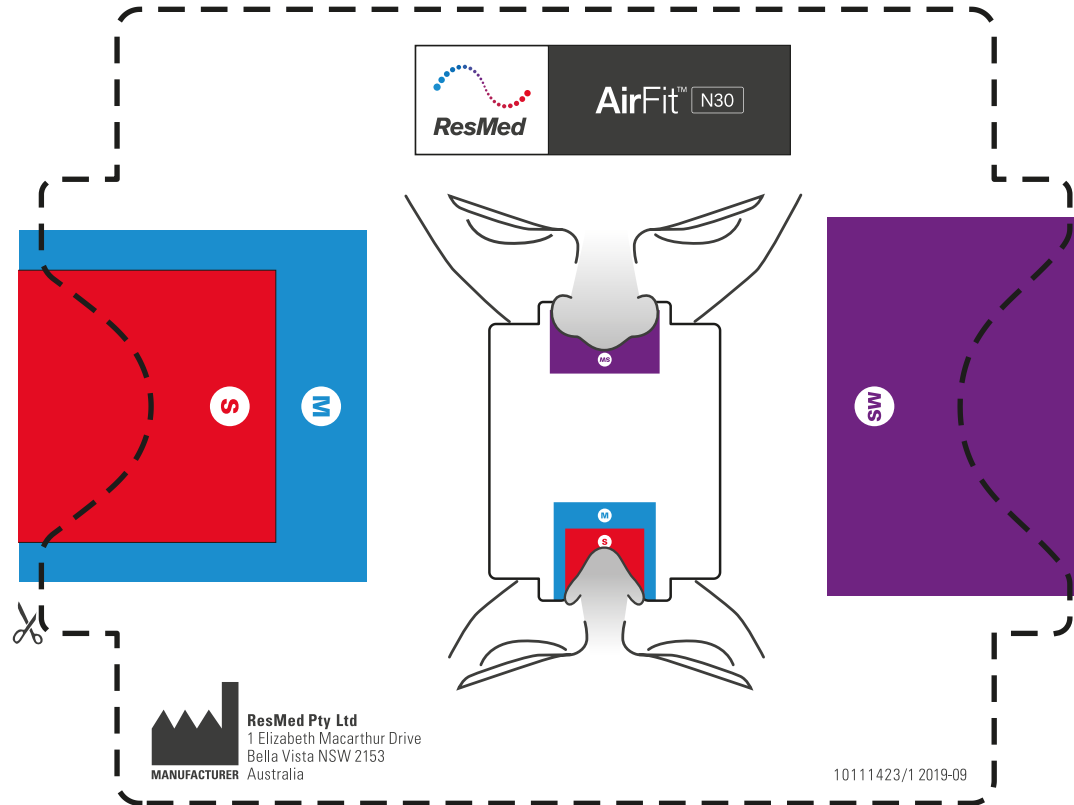




How to use the fitting template:

1. Please ensure the template is printed to scale
2. Cut out along dotted line
3. Refer to diagram on template to determine appropriate cushion size

Actual Size: 5 1/2" (Width)
4 1/4" (Height)





ResMed

AirFit™ N30

Fitting guide for AirFit N30



- While holding the nasal cradle cushion away from the nose, make sure the cushion size (SML, MED or SML-WIDE), and left (L) and right (R) indicators are facing towards you. Place the nasal cradle cushion under the nose.



- Pull the QuickFit™ headgear over the head by holding the bottom band and guiding it around the back of the head. The top band should sit comfortably on the crown of the head.



- Briefly pull the nasal cradle cushion away from the nose, and then place it back under the nose to ensure the cushion fits well.



- To achieve a comfortable fit, spread the split bands on the QuickFit headgear apart to loosen the mask or draw them closer together to tighten the mask.



- To fix a mask leak, adjust the QuickFit headgear by pulling it through the single side-clip. Adjust it just enough for a comfortable seal. Do not overtighten. You may need to adjust the headgear over time.



- The mask is now fitted and ready to use.



For patients with long hair, we recommend feeding it through the back of the headgear. If tied in a ponytail, it should sit high enough to fit comfortably through the split strap on the headgear.

Refer to the user guide for further instructions and complete labeling information including indications, contraindications, warnings and precautions.

* As of October 21, 2019. Based on available user guide data for AirFit N30, F&P Brevida, Philips DreamWear nasal and Wisp. The total weight of AirFit N30, which includes the headgear and excludes the packaging, is 45g. The sound power level of AirFit N30 is 24.7 dBA.

† CPAP users rated objective criteria for AirFit N30 and AirFit P10 on a Likert Scale of 0-10

‡ Statistically significant differences ($p < 0.05$) in median scores were found between the two masks

** The myAir for Air10 by ResMed app is available in English only in the US, Canada, New Zealand and Australia, and in Korean in Korea

1 ResMed guided external clinical study of 17 evaluable, existing CPAP mask users from Feb. 12–25, 2019 in Sydney, AU who trialed ResMed AirFit N30 at home for 7 nights in place of their prescribed mask, ResMed AirFit P10.

2 Brooks, Rita. 8 Tips to Increase CPAP Adherence in Sleep Apnea Patients. AAST. Sept. 5, 2017. Accessed online at: <https://www.aastweb.org/blog/8-tips-to-increase-cpap-adherence-in-sleep-apnea-patients> on Aug. 26, 2019.

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