

Amara fitting guide



1 Before putting on the mask, grip the headgear clips and twist away from the frame to disconnect.

Important! Wash your face. Do not use moisturizer or lotion on

your hands or face.



2 Pull the mask over your head and hold the mask against your face.

Note: You may need to loosen the headgear to a larger setting.



3 Holding the mask in place, reconnect the headgear clips by pushing them back onto the frame.

Note: The headgear should lie flat against the back of your head



4 Pull back the tabs to evenly adjust the top and bottom straps. The forehead pad should touch gently.

Important! Do not over-tighten. The headgear should fit loosely and

comfortably.



5 If needed, press and hold the forehead adjuster button to increase or decrease the pressure on your nose and chin.



6 Assume different sleeping positions and move around until comfortable. Use bottom headgear straps to reduce leaks at the sides of your mouth.

Note: Some air leaking is normal. Make final adjustments while lying down.