



Finding the Right CPAP Mask

Starting continuous positive airway pressure (CPAP) therapy can feel overwhelming, but it's a big step toward better sleep.

CPAP is considered the gold standard in treatment for sleep apnea—it helps to keep your airway open during sleep by delivering a constant flow of air through a mask.

Making sure your mask fits well and feels comfortable is one of the most important factors in your CPAP success. This guide will walk you through different mask options and share tips to help you find the best fit.



They're ideal for side sleepers, people who wear glasses, or those who enjoy reading or watching TV in bed.

Full-face masks

Full-face masks cover both your nose and mouth. They're necessary for people who breathe through their mouths at night or have frequent nasal congestion. While they can feel a bit bulkier and heavier than other options, newer designs have improved comfort and fit. They provide a secure seal and work well if you need higher-pressure settings for your therapy.

Key Factors to Consider

Choosing a CPAP mask is a personal process that depends on your individual needs. What works for you may not work for someone else. Here are a few important factors to think about:

- **Comfort:** The right mask shouldn't pinch, feel painful, or leave deep marks on your skin. Try different models and sizes to see what feels best on your face.
- **Fit and seal:** A good mask creates a secure seal without having to strap it too tightly. If the seal isn't snug, it can reduce the effectiveness of your therapy and cause noisy air leaks that disturb your sleep.
- **Lifestyle needs:** If you like to read, watch TV, or wear glasses while preparing for bed, a smaller, low-profile mask is less likely to interfere with your activities.

Tips for Trying On Masks

When you visit your durable medical equipment (DME) supplier, don't be afraid to ask to try on different masks. Try to breathe as normally as possible. Test the mask in different sleeping positions to see if it stays comfortable and secure, and check for air leaks around the edges as you move and adjust.

Stay in Touch with Your Provider

Choosing the right mask is not a one-time decision. Always keep your sleep doctor or equipment provider in the loop. They can offer advice, refit you if needed, or suggest different options if problems arise with your original choice.

Take your time, ask questions, and don't give up. You'll breathe easier once you've found the right mask. ■

Know Your Options

There are three main types of CPAP masks, and each one has its pros and cons, depending on your sleep style, personal preferences, and how you breathe.

Nasal masks

Nasal masks cover only your nose, and they're a good choice if you tend to breathe through your nose while you sleep. They're less bulky than full-face masks, fit snugly, and work well for people who move around a lot at night.

Nasal pillow masks

Nasal pillow masks are the smallest and most lightweight option, making them popular with people who feel claustrophobic with larger masks. They use small, soft cushions that rest just at the entrance of your nostrils.

Notes
