

# Value-added performance

*Philips Respironics Pico – traditional nasal mask*

## Mask fitting guide

1

Before putting on the mask, make sure the cushion fits the width of your nose without blocking your nostrils.



2

Disconnect the headgear clips by twisting them away from the frame like a key.



3

Holding the mask against your face, gently pull the headgear over your head.



4

Reconnect the headgear clips by pressing onto the mask frame.



5

Adjust the lower and upper straps by pulling the tabs back gently. Do not over-tighten; the mask should fit comfortably.



6

Final adjustments for comfort and seal should be made while lying down with your device pressure applied.

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