



1. Place RemZzzz™ directly on top of the silicone mask cushion. *Note: Place forehead liner on forehead cushion, if applicable.*



2. Lean face downward toward mask, fitting nose and mouth into hole of RemZzzz™. *Note: For Nasal masks, fit nose into hole only.*



3. Press face against RemZzzs™ while returning head to a normal upright position. *Note: It is common for liner to curl toward mask.*



4. Snap mask fasteners into place and adjust tightness. *Note: For best fit, you may need to adjust RemZzzs™ around nose and mouth by pulling outward on protruding edges, leaving 1/2 – 3/4 inches sticking out beyond the mask cushion.*

For best results, use one fresh RemZzzs™ facial liner each night.
