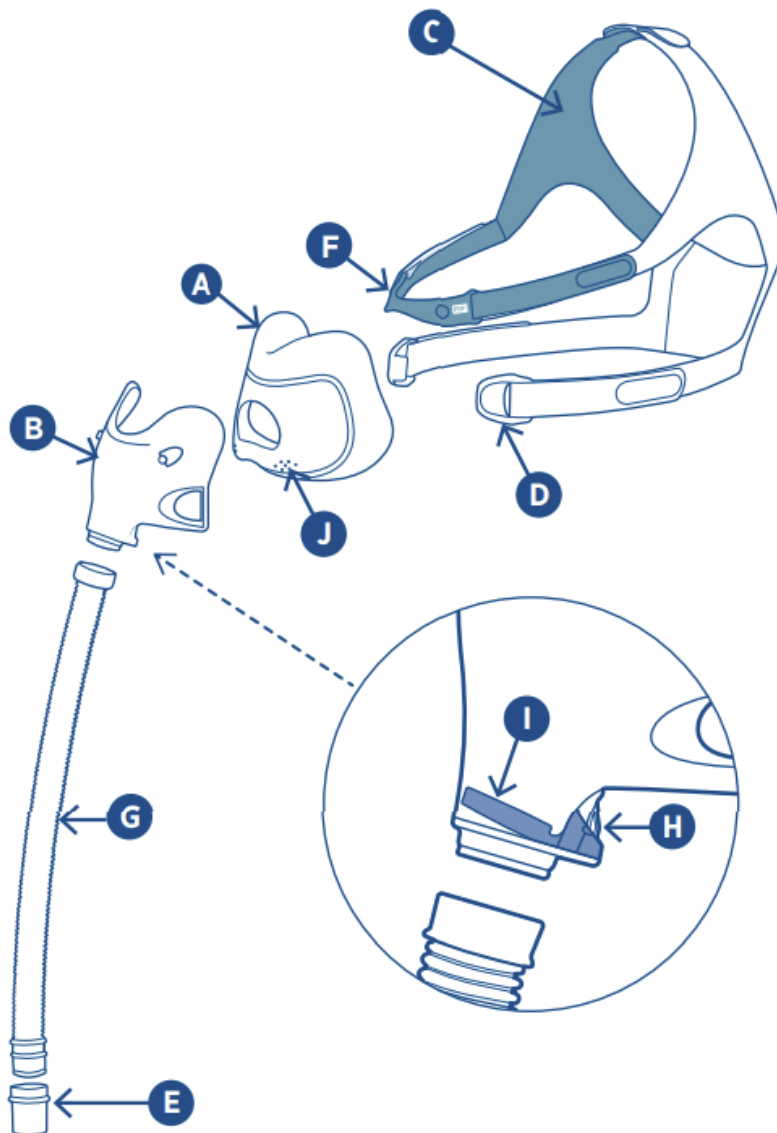


## Fisher and Paykel Evora Full Face Mask

This full face mask covers the nostrils and mouth, but is less obtrusive than some other “full face” masks that go over the bridge of the nose. The cushion is made of a thin silicone that gently cradles the nose without putting any pressure on the bridge of the nose. The structured frame provides a stable seal.

Sizing is based on an assessment of the subject’s nares using a printed-out copy of the fitting guide (provided at the end of this document). To determine the fit, use the printed guideline and see which of the sizes most closely matches the distance between the outer edges of the nares. The perfect fit will allow the cushion to gently cradle the nose without significant excess around the edge of the nares. This mask should be positioned under the nose and over the mouth. It does NOT fit over the nose.



## Fitting

When fitting for appropriate size, use the largest size cushion for which the opening does not exceed the outer diameter of the nares. Ensure that the headgear can be tightened to the appropriate fit. If it is too big, you may use the smaller headgear (packaged separately).

1. Unhook the headgear clips (D), located toward the bottom of the mask, from the frame.
2. Align the cushion with the mouth and nose to ensure the correct positioning. Gently pull the headgear over the head, positioning the top strap (F) so that it passes over the ear.
3. Hook both headgear clips to the front of the frame.
4. Gently tighten the headgear by using the top straps, coated in blue, until the cushion feels comfortably fit against the nose.
5. Then, using the second lower set of straps, tighten the mask until the bottom part of the cushion is secure. Connect the tube located in front of the mask to the tubing provided with your device.

1



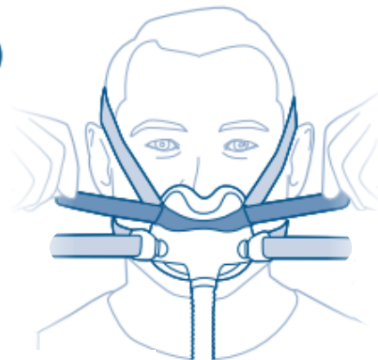
2



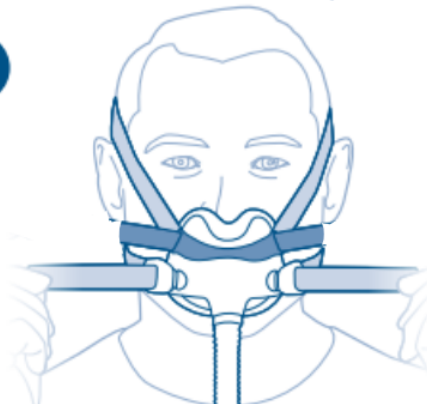
3



4



5



## Tips

- A. If the headgear is touching the ear, adjust the strap on the crown of the head until it is no longer touching the ear.
- B. If the participant is experiencing leaks, pull the mask forward until it no longer touches the face, and then place it back down.

## Removal

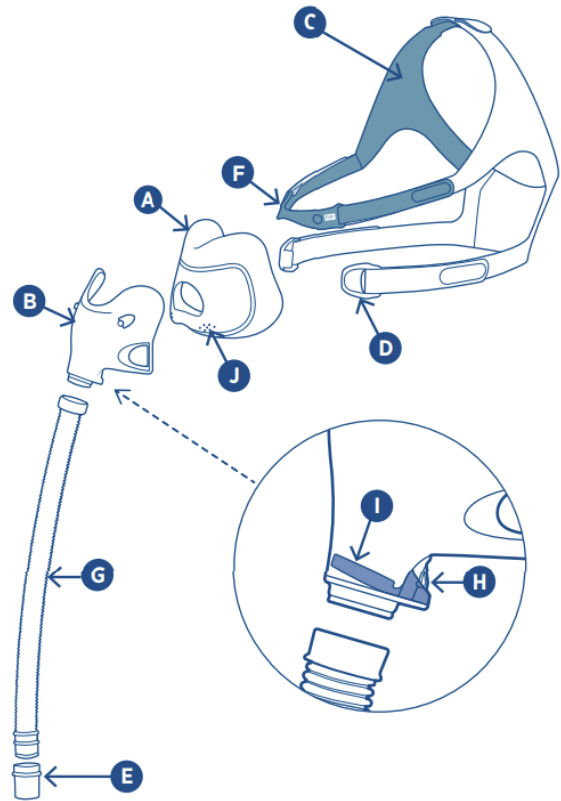
To take the mask off, simply undo the bottom headgear clips and then lift the cushion away from the face and over the head. If you or the subject have already adjusted the upper and lower straps so that they are at the right length, those steps may not need to be repeated each time the mask is used again. Rather, the mask can be taken off, and then put back on, simply by using the clip for the lower strap on one side of the face.

## Disassembly - when full disassembly is necessary

1. Unhook both Headgear Clips (D) from the Frame (B).
2. Pull the Frame Clip (F) from the Frame (B), but leave it attached to the Headgear (C).
3. Pull the Seal (A) from the Frame (B).
4. Pull the Tube (G) from the Frame (B).
5. Pull the Swivel (E) from the Tube (G).

## Reassembly

1. Push the Swivel (E) into the Tube (G) until it is securely attached and clicks into place.
2. Push the Tube (G) into the Frame (B) until it clicks.
3. Push the Seal (A) into the Frame (B) until it clicks.
4. Connect the Frame Clip (F) to the Frame (B) to click into place.
5. Hook the Headgear Clips (D) onto the Frame (B) until it clicks into place.



## **Suggestions for teaching participant trying to place mask one-handed**

### **Option 1 (shown in the Sleep SMART video):**

1. Both headgear clips (lower set of straps) should be unhooked.
2. Participant should be in a seated position
3. Holding the mask, swing headgear over head
4. Put mask in place (over mouth and under nose)
5. Pull headgear down a bit into position
6. Reach for strap on one side, clip in place, and pull back until it clicks
7. Repeat this last step for the other side
8. Connect end into tubing
9. Pull extra slack out of blue upper straps, then pull extra slack out of the lower headgear straps

### **Option 2:**

- 1) Start by placing the mask under the nose and over the mouth.
- 2) Gripping the fabric at the very back of the headgear, pull the headgear over the top of the head and down until that piece of fabric sits at the back of the skull and right above the neck.
- 3) Now, pull the unclipped side strap towards the clip and fasten it.
- 4) Once the mask is fastened, pull the cushion away from the face and then gently place it back down to ensure a perfect seal.

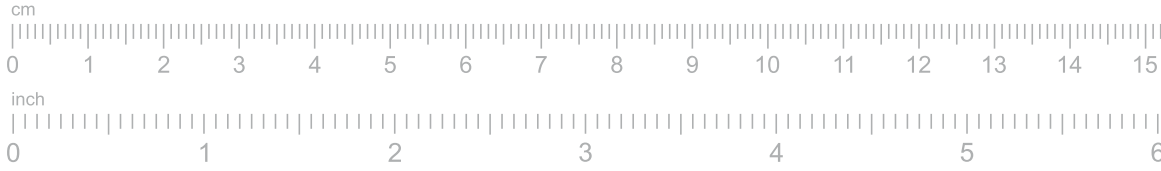
**Printing instructions**

**1 Print the sizing guide**

- Print on U.S. Letter- or A4-sized paper.
- Ensure you select “Actual size” and not “Fit” in the printer settings.
- For best results, print in color.

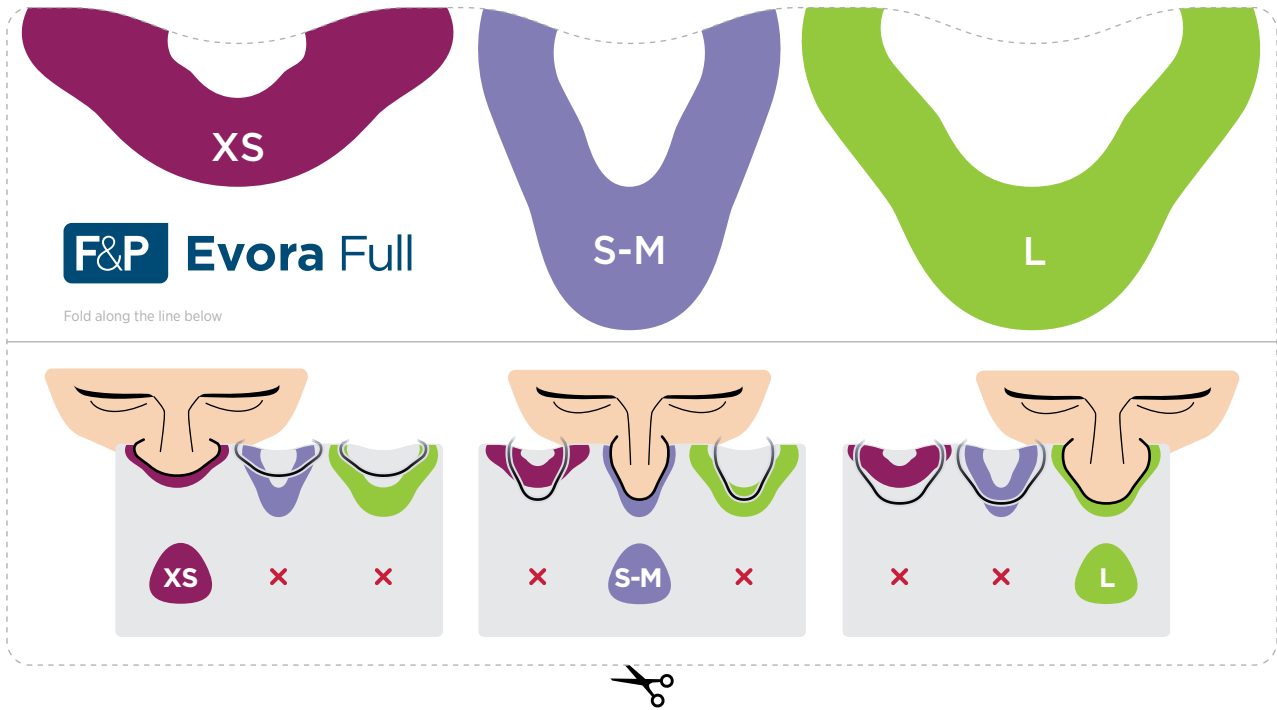
**2 Measure your printout**

- Place your ruler on the scale below and ensure they measure the same.



**Sizing guide instructions**

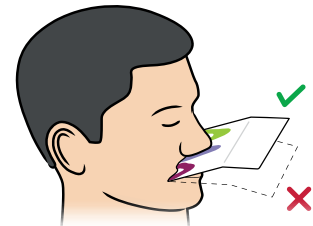
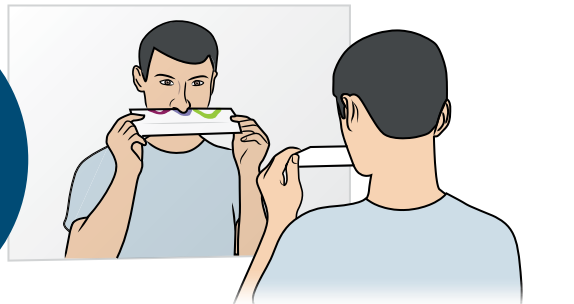
**1 Carefully cut along the dotted lines.**



**2 Hold the guide so that it presses against the underside of your nose.**

**TIP**

Use a mirror or ask someone at home to assist you with sizing.



**3 Choose the size that best fits your nose.**