



Mask categories: making choices simpler

Choosing the right mask at setup is one of the most important factors of CPAP therapy success.¹ The latest ResMed masks are organised to reflect your patients through three distinct categories that make finding the right mask for long-term adherence and comfort - and your daily job - a little easier.

- Versatile Fit masks
- Minimalist masks
- Freedom masks








Patient need as a marker for mask choice

Rather than beginning with the types of mask available, **communicating with your patients on what they're most concerned about in starting CPAP therapy** can be an effective route to understanding their sleep habits and how they'd like their bedtimes to look. Along with asking the right questions, **our mask categories provide a framework** that makes it easier to find the mask that will suit your patients' preferences, rather than just their type of sleep apnea or pressure needs.

Previous CPAP attempts and what they can tell us

Patients who have tried therapy before and found themselves unable to continue may have been unhappy with their CPAP mask, so it's crucial that their concerns are heard. Below, you'll find a list of common mask complaints and a ResMed category that's designed to solve each one.

 <p>Poor mask fit and/or mask leak</p> <p>➔ Versatile Fit masks are designed to provide a universal fit.</p>	 <p>Claustrophobia</p> <p>➔ Minimalist and Freedom masks are all under-the-nose design and offer a wide field of vision.</p>	 <p>Bothersome mask tube</p> <p>➔ Freedom masks feature a tube-up design that keeps the tube out of the patient's way.</p>
 <p>Red marks on the forehead</p> <p>➔ Versatile Fit, Minimalist and Freedom masks feature a secure frame which avoids the forehead.</p>	 <p>Red marks on the nasal bridge</p> <p>➔ Minimalist and Freedom masks are under-the-nose design which eliminates issues with discomfort and red marks on the nasal bridge.</p>	

Matching patient need with a mask category

	Versatile Fit masks	Minimalist masks	Freedom masks
Does the patient sleep on their belly ?			Tube-up design
Does the patient sleep on their side ?		Under-the-nose cushion	Under-the-nose cushion
Does the patient twist and turn during the night?			Tube-up design
Is the patient bothered by a forward-facing mask tube ?			Tube-up design
Is the patient claustrophobic ?		Under-the-nose cushion	Under-the-nose cushion
Does the patient have sensitive skin ?	AirTouch cushion		
Does the patient wear glasses in bed?		Minimalist design	Under-the-nose cushion
Does the patient have a beard ?	AirTouch cushion		
Is the patient conscious of their bed partner seeing them in a mask?		Minimalist design	
Does the patient often wake up during the night to go to the bathroom?	Quick-release elbow Magnetic clips*	Quick-release elbow Magnetic clips* Elastic headgear	Quick-release elbow Magnetic clips*
Does the patient experience dexterity problems ?	Tube-down, easy to grab Quick-release elbow Magnetic clips*	Tube-down, easy to grab Quick-release elbow Magnetic clips*	
Is the patient sensitive to noise ?	QuietAir™ vent (F20)	QuietAir vent	

FULL FACE MASKS



NASAL / PILLOWS MASKS



1. Neuzeret, P.C. and L. Morin, Impact of different nasal masks on CPAP therapy for obstructive sleep apnea: a randomized comparative trial. Clin Respir J. 2017. 11(6): p. 990-998.

* Use of masks with magnetic components is contraindicated in patients with the following pre-existing conditions: a metallic hemostatic clip implanted in your head to repair an aneurysm and/or metallic splinters in one or both eyes.

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