



# Sleep apnea mask designed around you

Nuance and Nuance Pro

Fitting  
guide  
inside

**PHILIPS**

RESPIRONICS

# Congratulations

You're about to experience our latest innovation in nasal pillows mask technology, Nuance and Nuance Pro.

Nuance and Nuance Pro's unique designs seal just around your nostrils.

- Patients indicated that Nuance gel pillows cause fewer and less severe red marks on their cheeks than the leading pillows mask\*
- All three cushion sizes in one package
- Lightweight, flexible tubing
- Patients indicated less nostril discomfort and irritation compared to the industry leading pillows mask\*



Users rated the Nuance and Nuance Pro gel pillows sleep apnea masks easier to assemble, disassemble and use than the leading pillows mask.\*

\*2012 Nuance gel pillows customer preference trial, data on file



# Nuance and Nuance Pro's features just for you:

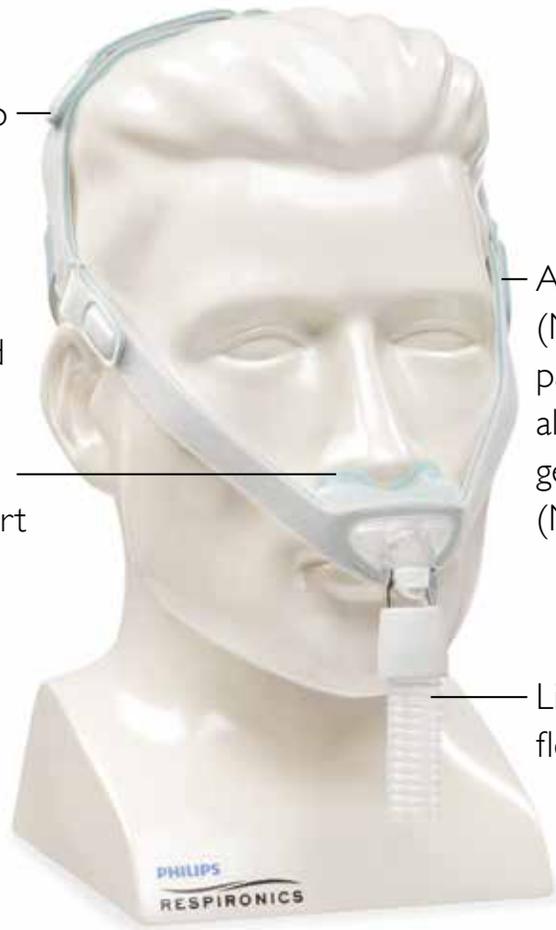
- Comfortable gel pillows offer a superb seal
- Lightweight and simple to use
- Appealing minimal design

Self-adjusting strap with a loop that can hold the tube when the tube is placed over the crown of the head

Gel pillows offer exceptional comfort and seal

A fabric frame (Nuance) enhances patient comfort; also available in a gel padded frame (Nuance Pro)

Lightweight, flexible tubing



Nuance mask

# Helpful tips

Here are some helpful tips to keep in mind when using your Nuance and Nuance Pro gel pillows sleep apnea mask:



Nuance Pro mask

- 1** Your Nuance and Nuance Pro gel pillows cushion is designed to provide a more comfortable experience. The gel base of the pillows should fit comfortably under your nose; do not push the gel base into your nose.
- 2** Nuance and Nuance Pro were designed so that you don't need to over-tighten the mask to create a seal. The mask should fit loose and comfortable. If your skin bulges around the mask, or if you see red marks on your face, loosen the straps.
- 3** You can keep your adjustments. Easily remove the mask by grabbing the headgear back strap and slide the headgear forward over your head.

# Additional resources

We're dedicated to satisfaction and aim to answer all of your questions about the Amara sleep apnea mask. For more information, including helpful videos, visit [www.philips.us/yournuance](http://www.philips.us/yournuance)



Philips Respironics Nuance and Nuance Pro are available by prescription only. As with any mask or interface, users may experience certain types of discomfort or irritation. Talk to your doctor to determine if it is right for you. Be sure to ask your homecare provider for more information about Nuance and Nuance Pro.

# Nuance and Nuance Pro fitting guide

Achieving the right fit with Nuance and Nuance Pro is easy; just follow the instructions or watch a video at [www.philips.us/yournuance](http://www.philips.us/yournuance)

**See OIS fitting guide for complete instructions.**



Before putting on the mask, place the pillows cushion tips into your nostrils. Choose the cushion size that sits comfortably under your nose without any gaps. Do not push the pillows gel bases into your nostrils. **We encourage you to try multiple cushion sizes to find one that allows you to breathe easily and has the most comfortable fit. A smaller headgear is also available by request.**



Pulling the headgear over your head, gently hold the pillows cushion under your nose. The headgear should lie flat against the back of your head.

3



Insert the pillows cushion tips into your nostrils so that they sit comfortably under your nose without any gaps.

4



Adjust the top crown strap so that the headgear sits just above your ears, similar to glasses. If the side straps are too close to your eyes, loosen the top strap to move the side straps away from your eyes. The headgear should fit loose and comfortable.

5



Peel the tabs away from the straps, adjust the length evenly by pulling upward, and then press the tabs against the straps to reattach. The mask should rest comfortably against your face. Do not over-tighten. If using Nuance Pro with gel pads, the gel pads should sit under your cheek bones.

6



As an option, you may slide the mask tubing through the headgear crown loop before pulling on the headgear. Using the headgear crown loop can help make some sleeping positions much more comfortable.

7



Now connect the tubing to the flexible tubing that came with your device. Some air leaking is normal.

8



Assume different sleeping positions. Move around until comfortable. If there are any excessive air leaks, make final adjustments while lying down.

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How to reach us

[www.philips.com/healthcare](http://www.philips.com/healthcare)

Philips Respirationics  
1010 Murry Ridge Lane  
Murrysville, PA 15668

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