



CPAP Mask Styles

Choosing the correct type of mask to wear with your CPAP is a very important factor for being able to tolerate your CPAP therapy. There are three main styles of interfaces. Depending on the style, CPAP pressure can be delivered through both your mouth and nose, or only your nose. Read below to learn about each style of mask and some pros and cons of each of them.

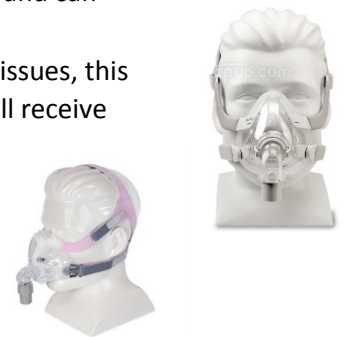
1. **Full face mask:** Designed to let you breathe through your nose and mouth during sleep. Generally, the top of this mask fits on the bridge of your nose and the bottom fits below your lower lip.

Pros:

- If you breathe through your mouth, this may be the best mask style for you.
- If you have a higher CPAP pressure, it will be easier to tolerate through a full face mask, because the pressure is distributed into the large area of the mask and can be breathed in through your nose and mouth
- If you suffer from frequent nasal congestion or have nasal septum issues, this style of mask will allow you to breathe through your mouth and still receive your therapy
- Good for back sleepers

Cons:

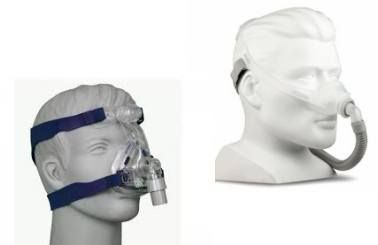
- Bulkier than the other mask styles because it covers your mouth and nose
- Difficult to read or wear glasses because the mask may obstruct your line of vision or interfere with glasses
- May leak more because the mask has to seal over the entire face
- Not ideal if you sleep on your stomach because of the bulk of the mask.



2. **Nasal mask:** Designed to apply CPAP pressure indirectly through a mask that covers your nose. The top of a nasal mask fits over the bridge of your nose and the bottom lies above your upper lip.

Pros:

- Well tolerated by most people
- Less bulky than full face mask
- Good choice if you move around in your sleep or sleep on your side
- Higher CPAP pressures are tolerated better with a mask than nasal pillows. (next page)



Cons:

- Not a good choice if you suffer from frequent nasal congestion
- You must breathe through your nose or use a chin strap to keep your mouth closed

3. **Nasal Pillows**- Designed to apply CPAP pressure directly into your nostrils. This style uses pillows (nasal cushions) that sit directly inside your nose and create a seal.



Pros:

- Good option if you want minimal material on your face
- Consider this option if you have a beard or moustache
- Doesn't interfere with sight lines so it's a good choice if you wear glasses, read or watch TV in bed.
- May be good for you if you are claustrophobic or can't tolerate a mask on your face

Cons:

- CPAP pressure is applied directly into your nose so higher pressures may be difficult to tolerate with nasal pillows
- Not ideal if you have problems with frequent nasal congestion/allergies or can't use a chinstrap

Having the right style CPAP mask can make the difference between using and not using your CPAP therapy. Be sure to speak up when talking to your sleep lab and durable medical equipment (DME) provider about your lifestyle, sleep habits and any other issues that may be important to finding the right style for you.