

### New Ultra Mirage Full Face Mask:

the proven performance of ResMed's full face mask technology with the user-friendly benefits of ResMed's popular Ultra Mirage nasal masks.

**Soft, dual-wall cushion** minimizes pressure on the sensitive bridge of your nose.



**Unique, Ultra-style forehead support** provides greater stability

**Flexible forehead pads** offer four position options. These optimize seal and comfort even when you move during sleep.



**Quick Release headgear clips** for easy fitting and removal of your mask and Set & Forget convenience.

**Safety valve** in the mask elbow allows you to breathe fresh air when required, providing peace of mind.



## How would you know

**if you are experiencing, or likely to experience, mouth leak?**

**Contributing factors, signs and symptoms:** Certain indicators can alert you and your clinician to the presence or likelihood of mouth leak. These simple questions can help.

**Do you have, or have you previously had, any of these contributing factors:**

- a broken nose
- a deviated septum (when the wall dividing the two nasal cavities leans toward one side)
- nasal surgery
- the need to use nasal therapy or medication allergies
- hay fever?

**Do you suffer these common signs and symptoms:**

- waking up with a dry mouth or throat
- breathing through your mouth
- a blocked nose or congestion at certain times of the year?

**If you are an experienced nasal mask user, do you experience:**

- continued snoring
- the need for a chin strap
- leak indicated on your flow generator data?

If your answer to any of these is "yes", you may need a full face mask. Please consult your sleep health professional for advice.

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## Ultra Mirage™ Full Face Mask

Your quick guide to mouth leak and CPAP therapy comfort



Now you can stop the loss...

with the

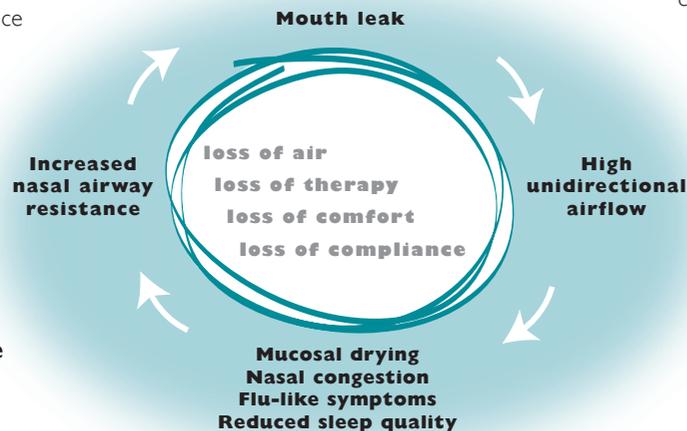
## Ultra Mirage Full Face Mask

Mouth leak due to mouth breathing is a significant problem that can potentially 'deflate' or compromise your CPAP therapy. When air escapes through your mouth, you miss out on the full benefit of the delivered treatment pressure. You may experience this whether you are an experienced CPAP user or completely new to therapy.

### Why is mouth breathing a problem?

**The mouth leak cycle:** Normally as you breathe, the air flowing in and out through the nose is warmed and moistened. Mouth breathing impedes this normal process, resulting in nasal and mouth dryness. Aggravated by the extra flow of air during therapy, this may lead to nasal inflammation and congestion.

A vicious cycle begins where increased nasal resistance forces you to keep breathing through your mouth.



The mouth leak cycle

### Who needs a full face mask?

**Everyone who experiences mouth leak:** Like many people using a positive airway pressure device, you will probably experience mouth leak at some time. This is common to around 40% of all CPAP users and almost all bilevel device users<sup>1,2,3,4</sup>. Your clinician or sleep health professional may recommend a full face mask to minimize mouth leak and the associated side effects.

### How frequently does mouth leak occur & when does one need a full face mask?

**Regularly or occasionally:** For many people using positive airway pressure therapy, mouth breathing and leak occur every night.

These may also increase at specific times, due to other factors such as colds, allergies, or alcohol consumption. You may need to use an Ultra Mirage™ Full Face mask regularly or occasionally, depending on these factors.



FULL FACE MASK

The Ultra Mirage Full Face Mask is designed to minimize or "stop the loss" resulting from mouth leak—the loss of therapy effectiveness, comfort, and sleep quality. Covering both the nose and mouth, this mask enables effective seal and therapy, even if you breathe through the mouth.



1. Richards et al. *Am J Respir Crit Care Med* 1996 Jul;154(1):182-186
2. Lojander et al. *Act Otolaryngol* 1999;119(4):497-502
3. Meyer et al. *Sleep* 1999 Jul;20(7):561-9
4. Teschler et al. *Eur Respir J* 1999 Dec;14(6):1251-1257