

CPAP Mask Fitting Guide

Find the mask style that fits how you breathe and sleep.

There is no single “best” CPAP mask for everyone. Face shape, breathing habits, sleep position, prescribed pressure and comfort preferences all affect fit. You may need to try more than one style or size before finding the right option.¹

Aurora® masks by Inogen® come in three styles: F1 Full Face, N1 Nasal and P1 Nasal Pillow.

Before your fitting, think about:

- Do you usually breathe through your nose or mouth?
- Do you have frequent nasal congestion or allergies?
- What position do you usually sleep in?
- Do you change positions often during the night?
- Do you wear glasses or have facial hair that may affect fit?

MASK TYPES

FULL FACE MASK



Coverage: Seals over the nose and mouth, the most facial contact of the three styles. Often the choice when mouth breathing or congestion makes nasal-only therapy difficult.¹

Patients say: In a 90-day paired analysis (N=44 full face mask), patients reported higher satisfaction with the Aurora F1 compared to their current mask.⁷

Ask about: whether persistent mouth breathing, congestion or dry mouth makes a full face interface more appropriate for you.^{1,3}

NASAL MASK



Coverage: Seals around the nose only, less facial contact than a full face mask while keeping a stable seal, including at higher prescribed pressures.¹

Patients say: In a 90-day study of CPAP nasal cushion mask users (n=44), a majority reported that the Aurora N1 mask performs as well or better than their current mask.⁸

Ask about: what to do if your mouth opens during sleep or you develop nasal congestion, since mouth leak can reduce effective therapy and cause dryness.^{3,4}

NASAL PILLOW MASK



Coverage: Pillows seal at the nostrils, the least facial contact and the least hardware in your line of sight, which suits glasses wearers and facial hair.¹

Patients say: In a 90-day study (N=43 nasal pillow mask users), a majority of patients reported that the Aurora P1 mask is very comfortable.⁸

Ask about: whether you can breathe comfortably through your nose and whether your prescribed pressure feels comfortable with this style.^{1,2}

Take this checklist to your mask fitting.



A good fitting is more than choosing a size. Your mask should be evaluated for comfort, seal and stability under conditions that resemble how you actually sleep.

CHOOSING THE RIGHT MASK

- ☐ Tell the respiratory therapist whether you normally breathe through your nose, your mouth, or both while sleeping.
- ☐ Compare cushions side by side: material, size range and how each one adapts to your face. Sizes are not standardized across styles or brands.¹
- ☐ Ask how each mask vents exhaled air, and how noticeable it is for you and anyone sleeping next to you.
- ☐ Handle the headgear and tube connector yourself: how it clips, releases, swivels and how much weight sits on your face.
- ☐ Ask whether an Inogen Aurora® mask is available in your size: the F1 full face, the N1 nasal or the P1 nasal pillow.

CHECK THE FIT

- ☐ Confirm that the cushion size matches your face and does not create painful pressure points.
- ☐ Make sure the mask feels snug and secure — not painfully tight. Needing to overtighten the straps to stop leaks can be a sign of poor fit.^{2,5}
- ☐ Ask the therapist to show you how to adjust the headgear yourself so you can reproduce the fit at home.²
- ☐ With the machine running, check for unintended air leaks around the cushion. A poor seal can reduce delivered pressure and may blow air toward the eyes or cause dryness.^{2,4}

IMPORTANT

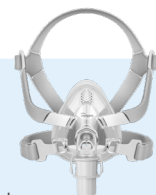
A mask that does not feel right at the fitting is unlikely to become easier to tolerate simply by tightening it more. Ask for help before you leave.

TEST IT LIKE YOU SLEEP

- ☐ Put the mask on with airflow running rather than evaluating fit only with the machine off.⁵
- ☐ Lie down in your normal sleeping position before deciding the fit is right. Facial contours and mask seal can change when you lie down.⁵
- ☐ If you sleep on your side or move frequently, turn your head and change positions to see whether the mask shifts or leaks.⁵
- ☐ Breathe normally for several minutes. Tell the therapist if the airflow feels difficult, uncomfortable or makes it hard to exhale; your care team can review comfort settings when appropriate.^{2,3}

BEFORE YOU LEAVE

- ☐ Ask what amount of leak is expected from the mask's intentional vent versus an unintended leak around the seal.
- ☐ Ask what to do if you develop dry mouth, nasal dryness or congestion. Heated humidification and other measures may help, depending on the cause.^{2,3}
- ☐ Ask who to contact if you develop skin irritation, pressure sores, persistent leaks or discomfort. These can signal a fit, size or mask-style problem.²
- ☐ Ask for cleaning instructions and how often the mask, cushion/pillows, headgear and tubing should be inspected or replaced according to the manufacturer and your care team.^{2,6}
- ☐ Ask how to reorder cushions, headgear and tubing, and whether your provider stocks Aurora® replacement parts.



ASK FOR AURORA® AT YOUR FITTING

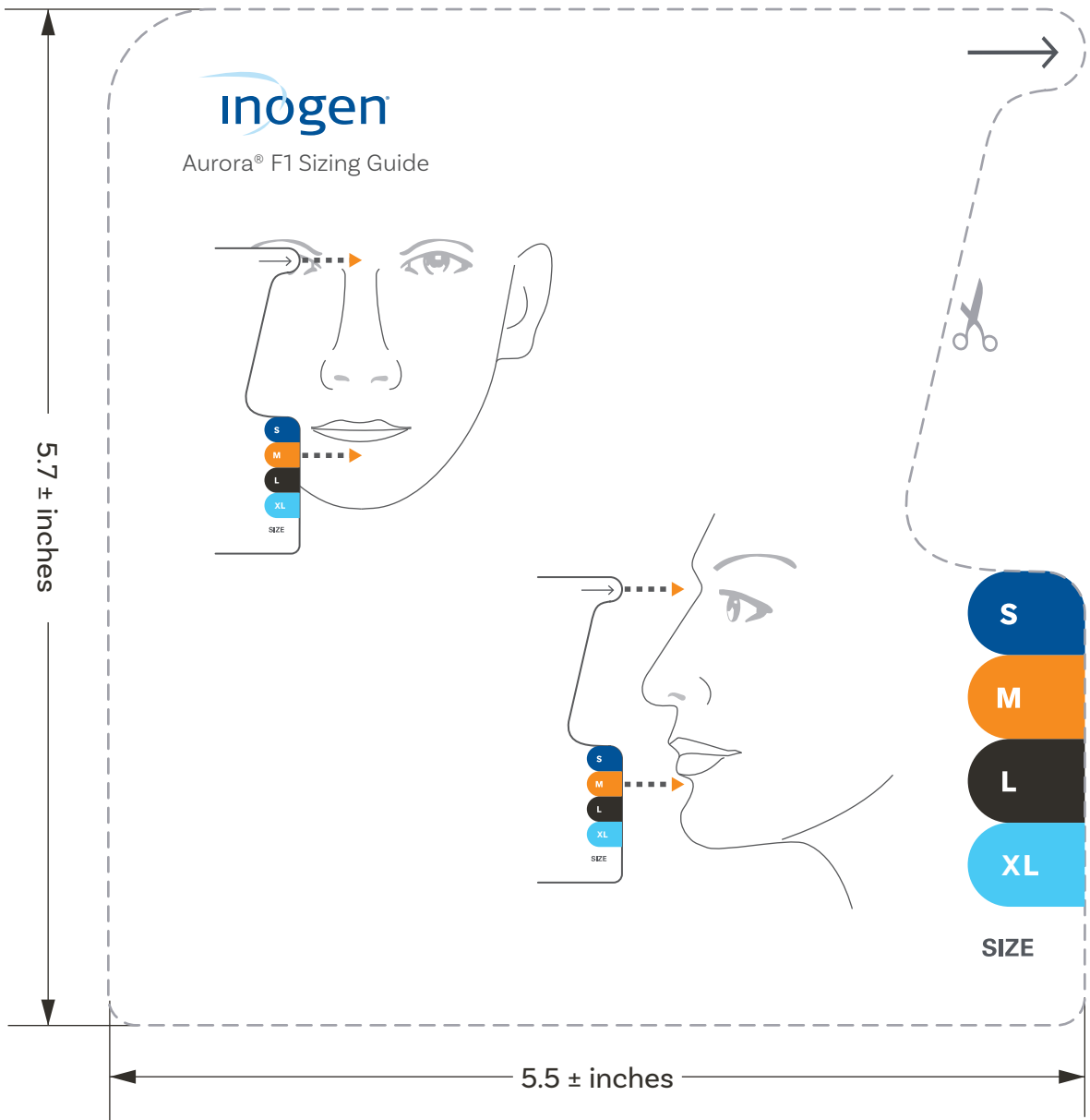
Trust a leader in respiratory care for a better fit. Aurora® masks are available through many equipment providers. Ask to try the Aurora® F1, N1 or P1 at your fitting.

1 Mayo Clinic. "Which CPAP masks are best for you?" Jan. 31, 2024.
2 Mayo Clinic. "CPAP machines: Tips for avoiding 10 common problems."
3 American Thoracic Society. "Positive Airway Pressure (CPAP and BPAP) for Adults with Obstructive Sleep Apnea."
4 American Thoracic Society. "Getting to the Root of the Matter" (oral leak during PAP therapy).
5 SleepApnea.org. "How to Choose a CPAP Mask: Types, Sizing, and Features." Medically reviewed; updated Mar. 12, 2026. Fit guidance is consistent with manufacturer fitting recommendations to evaluate the mask while lying in the usual sleep position.
6 American Thoracic Society. "The Care and Cleaning of your PAP Device."
7 AMG CPAP Mask Trial Study Aug 2025, 90-day study of 44 patients using CPAP therapy with a full face mask for at least 6 months, at least 5 nights a week, and at least 4 hours a night.
8 AMG CPAP Mask Trial Study Aug 2025, 90-day study of 131 patients using CPAP therapy for: at least 6 months, at least 5 nights a week, and at least 4 hours a night.

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Aurora® F1 Sizing Guide

Print at 100% scale



Aurora® N1 Sizing Guide

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