**Sizing and Fitting Template**

1. Print out this sheet of paper.
2. Use scissors to cut out the pads along the dotted lines. Outlines are actual size.
3. The **Large size pad is considered to be the standard choice** and is ideal for medium, large and extra large mask sizes. The **Small size pad** is ideal for small, extra small and petite mask sizes.
4. Place the paper cutouts on your face to determine the correct size pad to use. **If in-between sizes we recommend the Large size.**

As a guide, the wings of the pad should end somewhere between the pupils and the outer corners of the eyes, as shown above. The pad can be easily adjusted at varying angles to suit the contours of the individual’s facial features.

**Correct size selection and fitting improves mask comfort.**