

# Pico fitting guide

**Achieving the right fit with Pico is easy; just follow the instructions below to get started.**  
**See OIS fitting guide for complete instructions.**

1



Before putting on the mask, make sure the cushion fits the width of your nose without blocking your nostrils. The top of the cushion may sit between the bridge and tip of your nose.

2



Disconnect the headgear clips by twisting them away from the frame like a key and undo the headgear tab by peeling it away from the headgear strap.

3



Pull the headgear on over your head and gently place the cushion over your nose.

4



Now, while holding the mask in place, connect the headgear clips by pressing onto the mask frame.

5



Adjust the top and bottom straps by pulling the tabs back evenly. The mask should rest lightly on your nose. Do not over-tighten. The headgear should fit loose and comfortable.

6



Next, connect Pico to the flexible tubing that came with your sleep therapy device. Some air leaking is normal. Adjust the side headgear straps to reduce leaks around your eyes.

7



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