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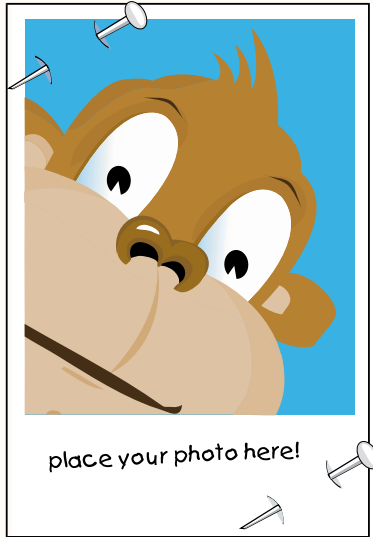
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Oko's Guide

to your
Mirage Kidsta™
Nasal Mask



Important information



Your name:.....

Type of mask:.....Mirage Kidsta.....

Type of machine (flow generator):

Address:.....

Pressure:

City:.....

Sleep clinic:.....



:.....

Nurse/technician:.....

Birthday:.....

Doctor's name:.....

Emergency contact:.....

Hi, my name is Oko

I've designed this booklet just for you.
Let me show you where you can find the things you
need to know.

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Introduction

You are probably reading this because the doctor has told you that you have a condition called sleep apnea—pronounced ap-nee-ah. You may also hear your condition called sleep-disordered breathing (sometimes called SDB for short). This means you have not been getting the sleep you need to keep healthy and active during the day. Your new mask and machine will help you get healthier sleep and you will soon be feeling much better.

// I didn't know that all the things that made me unhappy were caused by not getting enough sleep //

Before I got my mask, I wasn't very happy. I didn't like school because I couldn't concentrate and sometimes I found it hard to play and spend time with my friends. I would sometimes wake up in the night—I even used to wet the bed! I used to get so embarrassed and upset.



// However, since I started using my mask and machine I feel so much better //

I have lots more energy for all the things I enjoy. School has become easier and I'm starting to make more friends. I didn't know that all the things that made me unhappy were caused by not getting enough healthy sleep.



Meeting your mask for the first time

When I put my mask on for the first time, I really wasn't sure if I would like it—in fact I was a bit scared. I was so pleased my parents and the doctor were there to help me.

How did you feel? Were you nervous too?.....

When you put on your mask, you must make sure you tell your mum/dad or doctor if it doesn't feel right. It's really important that it feels comfortable and fits properly. To make wearing my mask more fun, I pretend that I am a super hero and I have to wear special equipment to give me super powers.

What do you imagine when you are wearing your mask?.....

If you are like me, you will have to wear your mask in bed every night. It's just like putting on your pyjamas and brushing your teeth before bed.

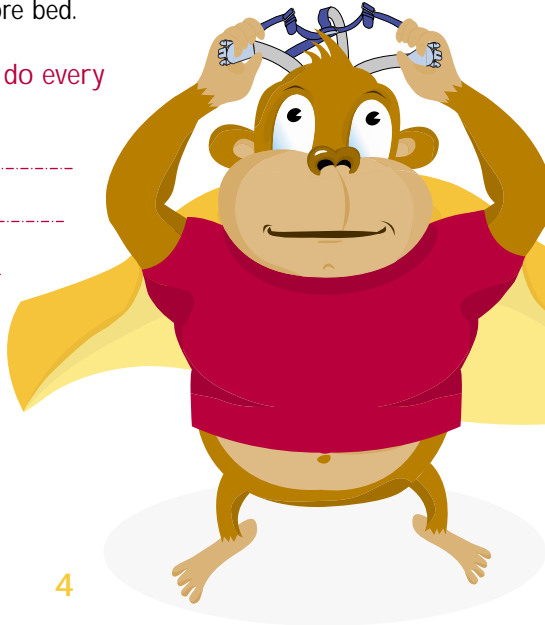
What other things do you have to do every night before you go to bed?

.....

.....

.....

The best thing about my mask is that I can still do all the same things I used to do at bedtime. I read with my mum or watch TV. I can even move around in bed as normal and the mask doesn't come off my face.





How to fit your mask

The first time you do this, it might help to stand in front of the mirror or ask your mum or dad to help.



1. Place the **headgear** on your head. Imagine you are putting on a special hat.

2. Adjust the **crossover** at the top of your head and the side straps.

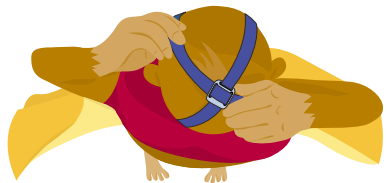
3. Make sure the **cushion** is properly attached to the mask frame. Now place the mask on your nose. Clip the mask frame to the headgear.



4. Adjust the **lower straps** by pulling firmly so that the headgear fits snugly around the bottom of your head and feels firm and comfortable on your nose.

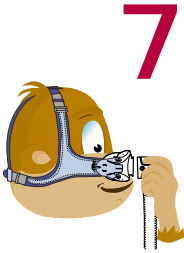


Check that the crossover on the head is smooth and is sitting as far forward as possible.



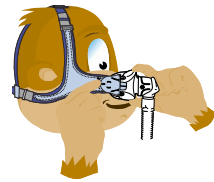
5. Connect one end of the main **air tubing** to the machine (flow generator) and the other end to the swivel, which is attached to the short tube.

6. Turn on the machine (**flow generator**).

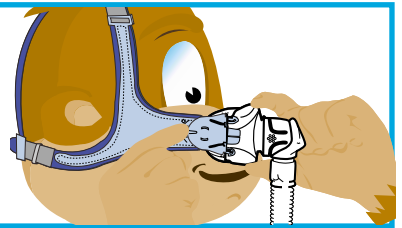


7. Connect the **mask elbow** to the mask frame. To do this, hold the sides of the mask elbow and firmly push the elbow onto the mask frame until it clicks into place. Check that the mask elbow can move around in a full circle.

8. You may need to adjust the **angle of the mask** to make it comfortable. If air escapes, ask your parents to help you. (Your parents will find these instructions in the user's guide.)



If you feel air escape into your eyes or leak around the cushion, move the mask around on your face to get a better seal. A good seal gives better therapy.



Removing your mask

Now that you have learned how to put on your mask, you will need to know how to take it off too.

It's so easy—just squeeze one of the headgear clips and pull the clip away from the mask frame. Pull the mask and the headgear away from your head.

W

Washing your mask



Your mask parts will need to be washed. Washing stops germs and keeps your mask looking clean and new. It's just like washing your hands, or your mum/dad washing your clothes. Maybe you and your parents could wash your mask together until you get used to it.

Hand wash the mask parts in warm, soapy water every day. You will need to take your mask apart to do this properly. Rinse well and air dry away from the sun. Only use pure soap—you may have to check this with your mum or dad.



The headgear needs to be washed too, but once a week will be enough to keep it clean. Use warm soapy water, rinse well and allow to air dry. Don't dry it in the sun.

W

What do these new words mean?

You may hear some new words and may not be quite sure what they mean.

Flow generator

The machine that blows air into your mask to help you breathe when you are sleeping.

Headgear

The straps that hold your mask on.

Therapy

Another word for treatment. It makes you feel better.

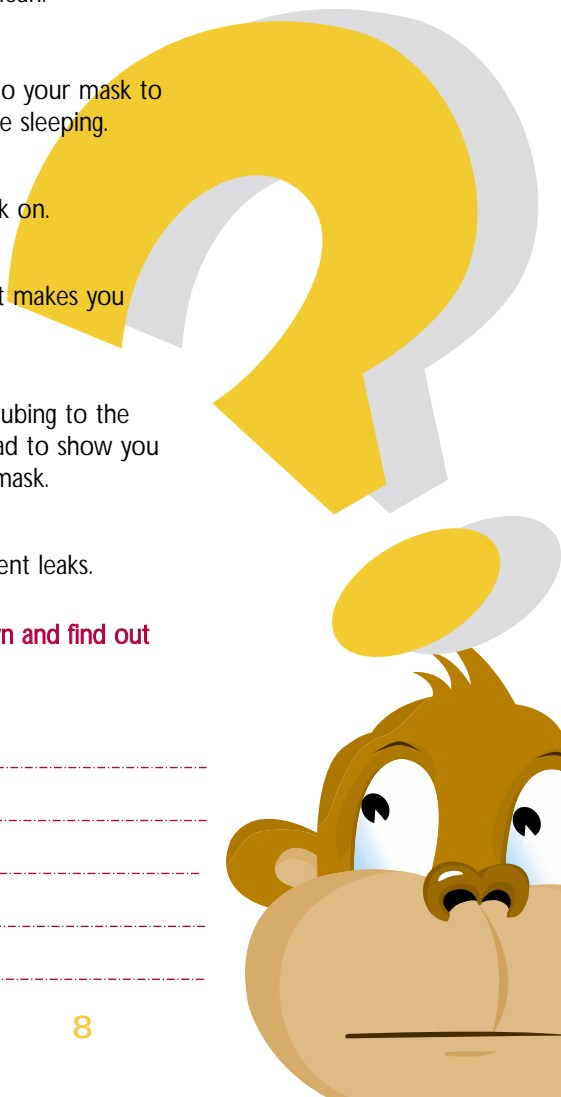
Swivel

Connects the flow generator tubing to the mask tubing. Ask your mum/dad to show you all the different parts of your mask.

Angle selector

Helps adjust the mask to prevent leaks.

Write some other words down and find out their meanings.



Okos tips...

NOTES

I hope I have been able to help you with your new mask. It really will make you feel so much better once you get used to it. I'm going to leave you with some tips that really helped me when I first started using my mask.

Tell your mum/dad if your:

- mouth is dry
- face has red marks on it
- mask feels too tight or makes your face sore
- nose feels blocked or you have a cold
- eyes feel dry or sore
- sleep is poor—eg you wake up a lot throughout the night.

!
It's important to tell your parents about any problems which may affect your treatment.

R

Reminder

Remind your mum/dad to fill in the diary for you to keep a record of your progress.

You may need to remind your mum/dad to fill in the diary. The best time is at breakfast time—before they go to work or you go to school.

Using the diary will show you how well you are progressing with your therapy. It will also remind you about any little problems that you may need to tell your parents or doctor about.



D Diary

To help you and your child keep track of how well treatment is progressing, fill in this diary each morning. This is an important part of your child's therapy so make sure you ask these questions and take note of any comments your child makes. This way you will remember any problems along the way and be able to discuss these with your doctor or sleep clinician.

Circle the number that shows how you feel on a scale from 1-5

- 1** no, not really
- 2** occasionally
- 3** sometimes, not all the time
- 4** most of the time
- 5** yes, all of the time

Example:

Date	Did you sleep well?	Does your mask feel comfortable?	Do you feel more awake (have more energy) to do the things you enjoy after therapy?
17 May to 23 May			
Monday	1 <u>2</u> 3 4 5	1 2 <u>3</u> 4 5	1 2 3 <u>4</u> 5
Tuesday	1 2 3 4 <u>5</u>	1 2 3 <u>4</u> 5	1 2 3 <u>4</u> 5
Wednesday	1 2 <u>3</u> 4 5	1 2 <u>3</u> 4 5	1 2 3 4 <u>5</u>
Thursday	1 2 3 4 <u>5</u>	1 2 3 4 <u>5</u>	1 2 3 4 <u>5</u>
Friday	1 2 3 <u>4</u> 5	1 2 3 4 <u>5</u>	1 2 3 <u>4</u> 5
Saturday	1 2 3 <u>4</u> 5	1 2 <u>3</u> 4 5	1 2 3 4 <u>5</u>
Sunday	1 2 3 4 <u>5</u>	1 2 3 4 <u>5</u>	1 2 3 4 <u>5</u>

Comments:

eg. My eyes were a bit sore on Monday morning. On Monday night Mum checked the mask to make sure it wasn't leaking. Tuesday morning felt much better.

P

Parent's guide

Acclimatization and distraction techniques

In the early days of treatment your child may resist wearing the mask or feel uncomfortable. This is perfectly normal and can be overcome with a little help and encouragement.

In the first few days, it is important to get your child used to wearing the mask.

“ Allow your child to play with it or even take it apart. This will allow your child to become much more comfortable with the idea of wearing it. ”

Once your child appears more at ease with their new mask, ask them to take a seat where they feel comfortable with the mask in position and the machine (flow generator) switched on. It is much better to do this during the day since new things are easier to cope with in the daytime rather than at night. It is a good idea to have the television or the radio on as this can make your child feel more relaxed. Perhaps just try this for a few minutes at a time, gradually increasing the amount of time your child sits with the mask on. When your child is familiar with the mask in the daytime, suggest that he/she use it at night. The ability to wear it all night may take a little time. Perhaps an award system may encourage your child further.

Make sure the mask fits comfortably yet firmly on the face to prevent any air leaks. If leaks occur, simply lift the mask, or ask your child to do so, then replace it over the nose, wiggling it around until it reseals. If leaks continue, you may need to adjust the angle selector. Check that the headgear straps are not too loose (or tight)—these may need to be adjusted.

If your child wants to stay the night at a friend's house, it may be advisable to talk to the parents beforehand. If the parents and children of the house are familiar with the therapy, your child is less likely to feel uncomfortable.

Note: For complete instructions and information refer to the *Mirage Kidsta Nasal Mask User's Guide*, packed with the product.

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Mirage Kidsta Nasal Mask

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