

## **Chinstraps With PAP Device**

Please check with your local PI/Institution to assure that they do not have any policies against using chin straps in post-stroke subjects. Local protocols/PI policies will overrule this MOP.

SleepSMART subjects may have problems with mouth breathing when they first start to use the APAP device, especially if they choose to use a nasal mask. Patients who are known mouth breathers or have sinus problems may need help keeping their mouth closed during the night while using the device. In an effort to help with this, we will offer chinstraps. Chinstraps can be helpful in assisting the subjects with keeping their mask stabilized, and to prevent leaks when subjects are known mouth breakers or are choosing nasal masks. Chinstraps will not be helpful for subjects who suffer from significant nasal obstruction or congestion preventing nasal breathing.

Chinstraps can be given to subjects during or after the run in nights, depending on when the need arises. When using a chinstrap they are generally applied before a mask and headgear are put on. Chinstraps should be used on a single subject and if the subject is randomized they can take the chinstrap home for continued use. If a subject opts not to go on study or does not wish to use the chinstrap it should be discarded. If you are running out of chin straps, please ask us to send more. If you have any questions, please feel free to call us.

### **Applying the Chinstrap**

- Position the V section onto the chin between chin bone and lower lips
- Bring straps up the sides of the head to the crown
- Apply the velcro to secure

### **Adjusting the Chinstrap**

Chin straps should allow for you to open your lips when awake but keep your jaw closed when sleeping. Subjects should be comfortable enough to open/close the mouth with mild effort but should be loose enough for the subject to be comfortable. Always make sure that hair does not become stuck in the strap and cause discomfort.

### **SleepSMART Chinstrap:**

- One size fits most
- Good for someone who is claustrophobic
- The V should sit at the top of your chin
- Be sure it is not too high, covering the mouth, or too low, near the voice box/"Adam's apple"
- The velcro on these chin straps is very durable and will last for some time.

**Once the headgear is successfully placed, you may put on the nasal mask.**