

# Sizing Guide

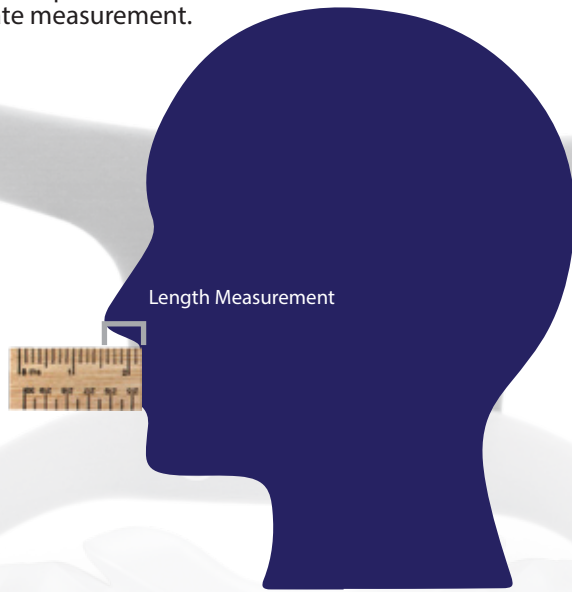
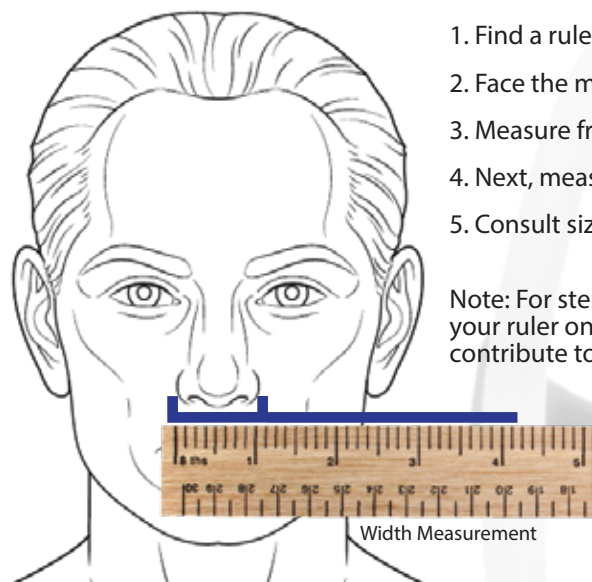
## For Use With

Dreamwear Pillow Mask  
Dreamwear Under the Nose Cradle Mask  
Dreamwear Full Face Mask

## How to Use:

1. Find a ruler and a mirror
2. Face the mirror and put the ruler horizontal to your face.
3. Measure from outer nostril to outer nostril. Note your width measurement.
4. Next, measure from the base of your nose, to the tip. Note your length measurement.
5. Consult sizing guide below.

Note: For step 4, do not compress the upper lip. Gently place the edge of your ruler on the skin. Do not press down as this will contribute to an inaccurate measurement.



## Size Guide:

### Width Measurement

<b>Small:</b>	0 - 1.75 Inches	0 - 4.5 cm
<b>Medium:</b>	0 - 1.75 Inches	0 - 4.5 cm
<b>Large:</b>	0 - 1.75 Inches	0 - 4.5 cm
<b>Medium Wide:</b>	1.75 + Inches	4.5 + cm

### Length Measurement

0 - 0.75 Inches	0 - 1.9 cm
0.75 - 1 Inches	1.9 - 2.5 cm
1 + Inches	2.5 + cm
0 - 1.5 Inches	0 - 3.8 cm

**Note:** We find these measurements work with about 80% of our clients. Head shape, nose shape and nose density is also a factor. In person fitment is always recommended.