

Find out how to make a CPAP mask liner by yourself using our easy step-by-step instructions. Your mask liner can then be placed onto your mask cushion to protect your skin from the silicone of the mask. This can be very effective against mask leaks, skin irritation, and pressure points.

To get started, all you need is a chamois leather (50cm x 35cm), available in DIY stores or online.

## Instructions:

**STEP 1:** Spread out the piece of leather on a table and place your mask over it. The open side of your mask cushion should be facing downwards.



**STEP 2:** Create a loose sketch of the outline of your mask cushion (both inside and outside!) on the leather.



**STEP 3:** Take a sharp pair of scissors and cut along the lines of your sketch to create the leather mask.



**STEP 4:** Now position the piece of leather between the mask cushion and your skin – you've protected your skin from direct contact.

