



The HoZer®

CPAP Hose Support Device

Positioning Instructions for The HoZer® and your CPAP Device

There are two options in finding the perfect placement for The HoZer® and your CPAP mask or nasal pillow; based on:

- A. the size of your bed
- B. the length of your CPAP hose
- C. personal comfort and preference

This initial set up procedure may take 15 – 20 minutes to complete.

1. Assemble The HoZer® and connect the flexible rods.
 - A. 2 Rod System - Connect the top rod to the bottom rod and insert into the center post.
 - B. 3 Rod System - Connect all three rods and insert into the center post.
2. Determine which placement position is most comfortable for you:
 - A. Side of bed – approximately where your shoulder would rest
 - B. Corner of your bed
 - C. Head of your bed (not recommended for 3 Rod System)
3. Using the spring loaded clips, secure your CPAP hose to The HoZer®.
4. Attach your mask/nasal pillow to your CPAP hose:
 - A. 2 Rod System - Feed enough CPAP hose so that your mask/nasal pillow is hovering above your mattress (approximately 8 inches).
 - B. 3 Rod System - Feed enough CPAP hose so that your mask/nasal pillow is just touching your mattress.
5. Get into bed and put on your mask/nasal pillow. Laying on your back, move your head left, right, up, and down. Should there be ANY tugging or pulling sensation STOP, adjustment is required. Feed a little more CPAP hose through the top of The HoZer®; try a few inches at a time and retest until there is no tugging or pulling.
6. Explore different sleeping positions; on your back, left side, right side, arms above your head, arms at your side, etc. Once you have found the perfect set up position, there should be NO pulling or tugging sensations. Your CPAP hose should float above you and instantly react to all of your movements.

A CPAP Necessity, NOT an Accessory!