



For Flying & Travel

Do you ever get annoyed with the way the typical, airline sleep mask gives you hat-head? You know - that annoying ridge around the back of your hair?

Heavy masks can add to frustration and discomfort on a long flight.

For Power Napping, Shift Workers & Meditation

A power nap is defined as a short sleep which terminates before the occurrence of deep sleep or slow-wave sleep (SWS), intended to quickly revitalize the subject.

Whether you're nodding off during the afternoon slump at the office, working a double or a night shift, or fighting drowsiness while driving, scientists have found that taking a 15 or 20 minute power-nap can make you more alert and productive.

For Psychiatric Hospitals & Therapy Centres

For those who could be harmed by the headband straps generally associated with sleep masks, the Sleep Cozy™ is the perfect solution. Where it has been tested in such facilities, it has been a great hit, assisting the patients in having restful sleeps, without the usual concerns of strap issues.

The Solution ...

Face Cozy™ Sleep Masks are available in one-size-fits-all adult sizes. Materials used are 100% pure lambskin fleece. Each package contains a set of two Sleep Cozys™ to allow for alternate day rinsing and drying. Feel free to toss them in with your regular wash loads as long as the water is cool.



The following steps will help you get the most power out of a power-nap:

- If you're driving, stop the car before your nap. LOL
- Lean back in your chair or lie down and get comfortable
- Set an alarm for 15 or 20 minutes so you won't fear oversleeping
- Wear a light, Lambskin fleece SLEEP COZY™ sleep mask to eliminate most of the light and distractions
- If you drink a cup of coffee just before your nap, it will take the duration of your nap to go through your system and will make you less sleepy on waking.



Face Cozy™ International
Order online at www.facecozy.com

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Morgan & Diane Roblin-Sharp – Owners



Cozy masks for your comfort



Helping give you
the sleep
you need!



Face Protection Shield

Millions of adults and children suffer from sleep apnea and respiratory ailments. While the use of CPAP therapy masks and masks for other respiratory conditions can be life saving, the side effects on the skin can range from embarrassing to acutely troublesome, causing a wide range of dermatological issues – from unsightly skin indentations to pressure sores and even blisters. Being greeted each morning with facial disfigurement is depressing. However, risking one's health by abandoning the mask is not an option.

The plastic material generally used for CPAP masks and respiratory tubing can be uncomfortable, leaving no room for skin to breathe. This can cause facial sweating throughout the night that can affect your skin's health.

The build-up of facial oils, dirt and perspiration on the various parts of the mask can contribute to an increase in skin irritation. While users are advised to thoroughly wash the mask and the face prior to putting the mask on for the night, many have to use some kind of facial cream to alleviate the irritation. Unfortunately, the use of cream can contribute to a loss of seal. This frustrating cycle can lead to the removal of the mask, leading to possible consequences such as a stroke or death.

Some CPAP users are allergic to the materials in the mask, leading to some form of dermatitis resulting from contact with the silicone or other materials in the mask. Such allergies can result in a range of skin breakouts, ulcerations and what is sometimes referred to as a "burn." Strap adjustment doesn't always make a difference. It's hard to avoid the negative side effects on delicate facial skin. Without intervention, a dangerous abandonment of therapy is common.



The Solution? Face Cozy™

The soft, breathable comfort of fleece between the mask and your face helps protect your sensitive skin. It reduces irritation and indentations and helps you feel more comfortable with your appliance.

For those in the health industry, patient care is the key issue in service. The FACE COZY™ gives your patients the assurance that you truly care about his or her comfort.

For the elderly and young children, the placement of a FACE COZY™ between the skin and the respiratory appliance assists in the seal, helping to eliminate dry eye issues from air blowing into the eyes. Far from interfering with the CPAP seal, the Face Cozy enhances it, just as a piece of cotton under a jar lid improves the seal of a jar.

Because fleece does not absorb moisture, as long as the washable FACE COZYS™ are properly maintained, there is no build-up of bacteria. Instead of sweat being trapped against the skin when a CPAP mask is used without a FACE COZY™, the face is kept dry. We include two FACE COZYS™ per pack, to allow for alternate day rinsing and drying. Feel free to toss them in with your regular wash loads as long as the water is cool.

Materials used are 100% pure Lambskin fleece.

This is not a medical device. Any ill effects associated with the use of the Face Cozy™ are the responsibility of the user.

What People are Saying...

"I find with mine that the Face Cozy actually keeps my nose pillows in position better. Before I was wearing the Cozy, they seemed to slip around a bit. The Cozys are quite comfortable to wear."

David B. - Milton, Ontario

"I am happy now that I don't have strap marks on my face in the morning. Before Face Cozys, I would have indentations on my face sometimes until noon before they went away."

Wende B. - Milton, Ontario

"I find the Face Cozy very effective. It has made a big difference in my ability to wear my mask all night long. Before the Cozy, my mask was so uncomfortable that I couldn't tolerate it for the full night and would regularly take it off in frustration in the early morning hours."

David G. - Waterloo, Ontario

"I love the Face Cozy. I used to be afraid people would think I had scars on my face in the mornings because of strap impressions from sleeping with my CPAP mask. Now I don't have that problem!"

D.R.L. - Uxbridge, Ontario

"Your Face Cozy is such a brilliant invention. Just the ticket! I know so many people like myself, who will bless you every morning they wake up without an indented face! :) Wow, going to The Creator for inspiration works. :)"

Belinda B. - Bond Head, Ontario

"Bless you, had a great sleep, comfortable and no welts on my face today."

John - Haliburton, Ontario