A recent survey of many major airlines has shown that oxygen mask and nasal cannula are still the two most used oxygen delivery systems for passenger requiring in-flight supplemental oxygen. Both systems can deliver the typical amount of oxygen used in airline transport. Historically we are not aware of any significant negative incident with any of those two systems.

However, there are several advantages to use the cannula system:

- Most cannula are similar and deliver the same amount of oxygen, whereas there are many kinds of masks that deliver different amounts of oxygen
- No fitting required
- Lower cost
- Passenger can eat while wearing it
- Better acceptance by the physicians in general
- Ideal with pulse dose system

If you have to choose an oxygen delivery system, you may want to consider the above in your decision.