



A Few Helpful Hints on How to Adapt to Your CPAP Successfully:

- Start each night with CPAP.
- Try to keep a regular bedtime and wake-up time in the morning.
- Use the humidifier adjustment feature to avoid airway dryness.
- If your mask comes off during the night, it is time for moral fortitude: put it back on.
- Use CPAP for at least seven hours per night, seven nights a week.
- Consider scheduling a fitting and/or desensitization session with our sleep techs to help you adapt to the device.
- If your mask is not a good fit, leaks, or comes off during the night, make an appointment with our techs to fit you for a new mask.
- If you have problems, bring your machine with you to your appointment so that our techs can verify that the machine is delivering the correct pressure.
- Use the pressure ramp setting on your machine. This is especially important as you adapt.
- If you are using a nasal pillow mask and nasal soreness is a problem, try using some water-based lubricant prior to putting your mask on, or change masks.
- If you are still tired, schedule a clinical appointment to see whether you need further workup.
- Be sure to change the filters, and wash your mask and tubing regularly. Make a weekly ritual of taking your mask and tubing into the shower.
- Never use ozone CPAP cleaners: they damage the device and can cause serious health problems (e.g. So Clean)
- Try to lose at least some weight; even partial weight loss can improve the efficacy of CPAP, or reduce your pressure requirement.
- Make sure to regularly replace your mask, tubing, headgear; degraded equipment is ineffective. Six to twelve months is the average lifespan.
- If you have any surgery or a procedure with sedation, such as a colonoscopy, it is important that you inform your treating physician and the anesthesiologist ahead of time that you have sleep apnea. You should also plan on taking your machine and mask with you to the procedure.
- Give us a call! Effective CPAP treatment frequently takes a bit of work; we can't help you if we don't know what the barriers are to making your CPAP work for you.

Remember: Don't give up... Follow up.