



## 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. Please email [appointments@sleepdoc.com](mailto:appointments@sleepdoc.com) so we can be sure to schedule enough time.
- 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.
- 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.
- 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.**