



CPAP Success Tips

1. Understand how to use your machine:
 - A. Different types of machines may have different features available. Make sure when you receive your machine, ask questions, turn the machine on and find out what features are available.
 - B. Ramp: lowers pressure for certain length of time while you go to sleep.
 - C. Humidifier: with adjustable settings, will help with dryness.
 - D. Pressure relief: the machine pressure will go down, up to 3 levels when you breathe out.
2. Be committed: Stay the course
 - A. Set realistic goals and expectations, do not expect CPAP therapy to be the quick fix for everything; it takes time to adjust to therapy.
 - B. In the beginning it may be difficult to make it through the entire night with CPAP, that is ok. Make sure to put mask on every night and become acclimated to the machine and pressure.
 - C. It may help if you practice with the mask and machine before you go to bed. Put the mask on, sit and watch TV or read. Breathe normally. Once you feel more comfortable it will be easier to lie down and go to sleep.
 - D. Your final goal is to use your mask every night, all night long to get the full benefits of CPAP therapy.
3. Identify problems early:
 - A. Work to resolve problems you are having. Communicate with your CPAP supplier, physician or sleep center for help.
 - B. Your CPAP mask may be your most challenging aspect of therapy.
 - i. Many mask styles are available so we need to make sure you have the correct size. Fit is one of the most important things for successful therapy.
 - ii. Mask leaks are a common complaint, adjust straps so the leak stops but do not over tighten as this may also cause leaks. If you keep experiencing leaks you may need to change mask. It is not unusual to change mask several times before you find the right one for you.
 - iii. If you get a new mask, you have 30 days to return to the supplier to get another mask to replace the one you purchased.
 - C. Adjusting to pressure may be difficult at first. You are not use to having air blowing in your airway. Use your ramp feature to lower the pressure so you to go to sleep, use the pressure relief setting if you are having trouble breathing out against pressure.
4. Educate yourself:
 - A. Talk to others that are on CPAP therapy. See what has helped them use therapy effectively.
 - B. Join an online community were you can communicate with others that have similar problems.
5. Hold yourself accountable:
 - A. If you have a positive attitude and approach therapy with the attitude “I will use my CPAP machine” you will have better success.
 - B. Have a family member or friend ask you every day if you used your machine last night.