



Trouble Shooting Guide for CPAP/BiPAP

PROBLEM	POSSIBLE CAUSE	CORRECTION
Mask leaks Skin irritation Pressure sores or blisters	<ol style="list-style-type: none"> 1. Strap adjustment too loose or tight 2. Forehead piece not adjusted correctly 3. Moving around or sleeping on side 4. Incorrect mask size 5. Worn-out mask 6. Dirty mask 	<ol style="list-style-type: none"> 1. Readjust headgear straps 2. Suspend hose above head 3. Sleep on side with pillows staggered to keep mask from dislodging 4. Consult professional for mask fitting 5. Inspect mask for wear and tear 6. Wash mask and face nightly 7. Change mask
Dry/sore nose Nasal congestion Nose bleeds	<ol style="list-style-type: none"> 1. Dry air 2. Initial adjustment 	<ol style="list-style-type: none"> 1. Heated humidity 2. Ayr gel 3. Saline nasal spray at bedtime and after awakening 4. Antihistamines/nasal decongestant 5. May desensitize over time 6. Consult physician if symptoms persist
Dry mouth/throat	<ol style="list-style-type: none"> 1. Sleeping with mouth open 2. Medications 	<ol style="list-style-type: none"> 1. Use chin strap 2. If chin strap unsuccessful, try full-face mask 3. Add heated humidity
Sore, dry, irritated eyes Swollen eyes	<ol style="list-style-type: none"> 1. Mask leaks 2. Mask is too tight 	<ol style="list-style-type: none"> 1. Adjust mask 2. Inspect mask for cracks or breaks 3. Consult professional for mask fitting
Runny nose Sinus discomfort	<ol style="list-style-type: none"> 1. Dry air 2. Initial adjustment 	<ol style="list-style-type: none"> 1. Add heated humidity 2. Saline nasal spray 3. Consult physician if symptoms persist
Allergies	<ol style="list-style-type: none"> 1. Irritants in room/house 2. Seasonal 	<ol style="list-style-type: none"> 1. Set unit on bedside table to keep out dust &/or animal hair 2. Consult home health care company for new filter 3. Add heated humidity 4. Consult physician if symptoms continue



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Exhalation problems	<ol style="list-style-type: none"> 1. Initial adjustment 2. Higher CPAP/BiPAP pressures 	<ol style="list-style-type: none"> 1. Use CPAP for short periods of time during day (watching TV, Reading) to help adjust 2. Focus breathing at a slow, steady pace 3. Use ramp feature or Cflex/Biflex, if available
Chest discomfort	<ol style="list-style-type: none"> 1. Adjustment period 	<ol style="list-style-type: none"> 1. Use ramp feature 2. Change position of head, sleep in different position
Bloating/Gas	<ol style="list-style-type: none"> 1. Swallowing air 	<ol style="list-style-type: none"> 1. Reposition head. Can use a wedge to sleep elevated 2. Try Gas-X 3. If using full face mask, try using nasal mask 4. Add chin strap
Water in house “rain out”	<ol style="list-style-type: none"> 1. Water in room is cooler than temperature of the humidification 	<ol style="list-style-type: none"> 1. Increase room temperature 2. Decrease temperature of humidification 3. Use hose insulator
CPAP unit too noisy	<ol style="list-style-type: none"> 1. Blocked air intake 2. Blocked exhalation port 	<ol style="list-style-type: none"> 1. Check to see if air filter is blocked 2. Make sure air exhalation port on mask is not blocked
Bed partner intolerance	<ol style="list-style-type: none"> 1. Noise 2. Anxiety 3. Air blowing on partner 	<ol style="list-style-type: none"> 1. Check to see if air filter is blocked 2. Promote education of partner 3. Put pillow between you and partner 4. Attend AWAKE meeting for support