CPAP
(Continuous Positive Airway Pressure)
What is CPAP?
CPAP stands for Continuous Positive Airway Pressure. A CPAP is a small, quiet air compressor that sits on your bedside table and is plugged into a standard electrical outlet (ask your provider about battery options if needed). Air pressure is delivered through a mask on your nose connected to the air compressor. The continuous pressure acts like a splint to prevent your airway from collapsing, which allows normal breathing while asleep. This will bring your oxygen levels back into a normal range and allow you to get into proper deep sleep. You will need to contact a homecare company to start therapy.

CPAP Masks
There are a variety of masks available and your homecare company will fit you for the mask best suited to you. Your mask is one of the most important factors in your success with therapy. Be sure to talk with your homecare provider if you are having any difficulties with it so that they can suggest adjustments or offer a different mask to try.

Cost of Therapy
Depending on the type of pressure system you need, the cost will vary. This is a conversation you should have with your homecare provider when you start your therapy.

Companies that we recommend will provide the following:

- **Two month trial of therapy** – you will need time to adjust to therapy. The first week is the most important, but once you start to have success then your homecare company will check on you regularly over two months to ensure your success before you purchase.

- **No cost to start therapy** – We don’t want cost to be a barrier to therapy so we ask our community partners to provide your equipment at no cost for those first two months. It is up to you to make the most of this time and ensure your settings and mask are just right.

- **Help with Extended Health Benefits** - Your homecare company will gather the paperwork needed and submit it for pre-approval while you’re on your trial.

- **Assist with funding and payment options if you don’t have insurance** – You should not feel like your financial situation is a barrier to care. Have these conversations with your homecare company and our Sleep Program Educator.
New technology to help with your success!

Mobile Applications

➢ Track your CPAP data and therapy with new Apps for your mobile devices. Ask your homecare company how to register.

➢ Each CPAP manufacturer has created an App that allows you to track your therapy progress so you can take an active role in your sleep apnea therapy.

➢ Every morning you can check how many hours you slept with your CPAP, how well your apnea was treated and how your mask is fitting.

Tracking your progress will keep you motivated to reach your goals. The Apps contain helpful videos and materials to help you get used to your machine and mask as well as tips on maintaining your equipment.

Tips for getting used to your CPAP mask

Getting used to your CPAP mask is different for everyone. Some people take to their mask right away while others need more time to get comfortable. Here are some important tips for adjusting to a CPAP mask when you sleep:

• **Wear your mask around the house** - To get used to how your mask feels, disconnect it from your machine and hose and wear it while you’re washing the dishes, folding laundry or doing other activities at home.

• **Practice breathing against the pressure** - Breathing against the pressure of your CPAP machine may feel unusual at first, but if you practice before you’re ready for sleep, you’ll adjust to it faster. Try listening to music, reading or watching TV in bed with your mask on.

• **Make small adjustments to your mask** - Waking up with red marks? Loosen your mask straps in the morning. Taking your mask off during the night? Tighten it when you wake up. Make adjustments until you find the right fit.

• **Don’t give up!** It may take a week or longer to get comfortable with your mask, so don’t give up. Give yourself as much time as you need to feel comfortable, awake and refreshed in the morning. And be sure to use it every night!
What are the benefits of CPAP?
✓ Reduced risk of heart attack and stroke
✓ May lower blood pressure
✓ Reduced risk of diabetes
✓ Improved energy and alertness
✓ Stops snoring and restless sleep
✓ Improved sex drive
✓ Can help with weight loss
✓ Reduces morning headaches
✓ Can help with acid reflux
✓ Can help reduce restless sleep

If you have questions about any of these, or your own symptoms, please talk to your doctor or our Sleep Program Educator.

What are the side effects associated with the use of CPAP?
The most common side effects when you start therapy may be dryness or stuffy nose or mild irritation from the mask. Your homecare provider can adjust humidity settings on the CPAP and discuss mask options.

Will I need this for the rest of my life?
CPAP prevents your sleep apnea while you wear it, it’s not a cure. Apnea may lessen in severity with weight loss or if you sleep on your side only. Discuss these things with your doctor.

Once you feel the benefits of therapy, you will welcome the ritual of wearing it every night!

Do I have to wear the mask all night long?
Yes. Studies have indicated that Obstructive Sleep Apnea is most severe during the early morning hours. It is, therefore, very important for you to use CPAP at all times during sleep. During the first few nights when you are adjusting to wearing the mask, it may be necessary to start with shorter periods and gradually increase the length of time until you can comfortably keep the mask on all night.

Where do I find support to help me succeed?
From the very beginning of this journey, include your partner or family in your CPAP experience. Their response to your therapy is key to helping you stay on therapy.

Your homecare company is there to help, so never hesitate to let them know if you need help with anything.

Check out the online resources of the product manufacturers, they have great information on sleep disordered breathing and therapy.

www.resmed.com
www.usa.philips.com search for sleep apnea therapy

Reach out to our Sleep Program Educator, they are here to give advice and are committed to helping you succeed.