

Tips for your CPAP and Bipap use

Mask fitting tips:

Mask fitting exercise: Put mask in place on face and turn from side to side adjusting equipment to minimize leaks. Red lines on your face upon waking should last no longer than 1 hour.

The mask seal does not have to be perfect: CPAP machines are designed to make up for small leaks. However, you will not tolerate leaks blowing in your eyes so you will need to adjust. Any leak should only be near or at the bottom of the mask. We expect your mask to leak slightly at night.

Do not over-tighten the headgear straps, tighter IS NOT better, we expect minimal leak.

First try re-positioning the mask or headgear **before tightening** the headgear straps.

Mask leaks are expected due to changing sleeping positions. Try pulling the mask away from your skin allowing the cushion to re-inflate to minimize the leak. If you struggle for a good fit, try turning the CPAP off and then readjust the mask by pulling it away from your face and then turning the CPAP back on.

Humidifier tips:

Humidifiers can be adjusted to increase or decrease the amount of moisture **according to your comfort level**. You may need to adjust this frequently at first, but then might only change it with seasonal weather changes.

Try **INCREASING** the humidity if:

You experience a dry, irritated nasal passage or throat.

You have a runny, drippy nose or sneezing fits after using CPAP.

You experience nasal congestion during or after CPAP use.

Try **DECREASING** the humidity if:

You have excessive condensation or “rain out” in the tubing or mask. Otherwise keep the tubing warm during the night by running it underneath the blankets or pillow, or insulate it with a wrap. If these solutions do not work, it may be that the air temperature of the room is too cold and turning up the home thermostat will be necessary.

Travel:

Always take your equipment with you. If you fly with your equipment bring it on with you as a carry on. Medical equipment **does not** count as a carry on. If you travel international the machines take 110-240. The only adapter needed is the adapter that will fit into the receptacle (outlet). You may also want to bring an extension cord. **Do not** travel with water in your humidifier chamber.