



# CPAP THERAPY *quick reference*

## controlling condensation

*(water in tubing or mask)*

- **Condensation may be worse on cooler nights.**
- Wrap the tubing with a lightweight cover (e.g. light polar fleece, old socks with the end cut out, or tea towels). This insulates the tube from the cool air in your bedroom, which helps control condensation.
- If your nose is not dry and stuffy, reduce the humidifier setting by turning **Humidifier Dial** to the left.

## controlling nasal dryness

- Increase the humidifier setting by one increment each night until you are comfortable by turning **Humidifier Dial** to the right.

## controlling nasal congestion

- Increase your humidity.
- Use Nasal irrigation, *Salinex* or *Hydrasense*, which are salt-water solutions, to safely clear nasal passages.
- Use these for chronic nasal congestion or when you have a cold.
- If nasal problems persist, please call RANA and we will be happy to assist you.

## headgear

- Should be as loose as possible while still providing a good seal.
- **A small leak on your upper lip is acceptable.**
- If your mask is too tight pressure points may occur and cause blisters or bruising. We want to stop this before it progresses to an open pressure sore.
- Cover any area of mild redness or tenderness with a bandage or *CPAP Comfort Care Pad* until you become used to the pressure of the mask.
- Call RANA **immediately** if problems persist, a different mask may be required.

### *Please note*

Your CPAP pressure range has been prescribed by your physician; you must not attempt to adjust your pressure levels.

## cleaning instructions

### *daily cleaning*

- Wipe your mask with a warm, damp, soapy cloth **OR** with alcohol-free baby wipes or *CPAP Wipes*
- Wipe your mask with a clean cloth
- Rinse your humidifier chamber with water and let dry  
*Note: distilled water should be used when filling your chamber for use.*

### *daily cleaning of your mask prevents:*

- the breakdown of the silicone seal on your mask.
- rash and irritation of your skin from the mask.

### *weekly cleaning*

- Wash your mask, headgear, tubing, and water chamber in warm, soapy water. Use a small amount of mild dish detergent (non-antibacterial).  
*Note: antibacterial soap can damage masks.*  
*Note: if your mask has a grey foam cushion, do not submerge that cushion. Wipe it clean with a damp cloth.*
- Rinse your equipment in clear water. Shake the excess water from the tubing and hang to dry. Towel dry your headgear and hang to finish drying. Air-dry all other equipment.
- Remove the filter from back of machine. Rinse the filter under running water, squeeze out excess water and air dry. *Note: don't use soap to clean the filter.*

## cpap success

- Use CPAP whenever you are sleeping or napping.
- If you have difficulty adjusting to the feel of CPAP, try using it when you are awake and relaxing (e.g. watching TV or reading).
- **Persistence + Patience = Positive Outcome**
- Just remember, you win if you wear your CPAP at least 5 hours/night for 5 or more nights/week. Your long-term goal is to wear CPAP every night, all night.
- Some patients notice the benefits of CPAP right away; others feel a gradual improvement.

## relaxation

- Make sure you are relaxed and not anxious or short of breath when putting on your mask. This is especially important for asthmatics.
- If necessary, use relaxation techniques such as relaxing all parts of your body starting with your toes and move up to your head.



## SECRETS TO *sleeping well*

1. Maintain a regular bed and wake time schedule, including weekends.
2. Establish a relaxing bedtime routine such as listening to peaceful music, relaxation exercises or reading a book.
3. Keep your bedroom for sleeping and sex only. Get rid of the TV and computer!
4. Sleep on a comfortable mattress and pillow.
5. Finish eating at least two to three hours before your regular bedtime.
6. Exercise regularly. It is ideal to complete your workout at least a few hours before bedtime.
7. Try to shorten or eliminate your naps.
8. Avoid all forms of caffeine (coffee, tea, cola, chocolate etc) six to eight hours before bedtime. Also avoid consuming alcohol and nicotine close to bedtime. It is best to quit smoking!
9. Check with your doctor before using over-the-counter medications that may help you fall asleep, since they may cause side effects.

## CAUTIONS AND *warnings*



**Do not transport your equipment with water in the humidifier.** Your CPAP device contains sensitive electrical equipment that can be destroyed by water. Always empty your chamber completely before transporting your CPAP device.



**Smoke Damages CPAP Devices.** Using your device in a home where there is smoking will damage the device and require repair or refurbishing. If the equipment you are using is returned with any smoke odor, you will be charged a reconditioning fee of \$100.