

Allergy Sleep & Lung Care PA

Imtiaz Ahmad, MD

Tel: 239-369-5443

INSTRUCTIONS FOR SLEEP APNEA PATIENTS USING CPAP/BPAP

DME info:

Name of the DME company

Telephone (emergency contact)

The CPAP/BPAP device is a treatment for your sleep disorder and should be used every night and or anytime that you need to sleep.

It is important that you read the following recommendations and suggestions that can help you with the proper use of the CPAP/BPAP device

1. Make sure that you go to bed and get out of bed at the same time every day. A regular sleep-wake cycle will help you feel more rested in the morning.
2. After about a week of using CPAP, you should not be sleepy during the day. If that is not the case, please give us a call. We will probably need to have the local DME company check your CPAP device.
3. Your snoring should disappear completely. If at some point your bed-partner notices that you are snoring again, please let us know. You may need additional readjustments of the device.
4. After you wash your mask and the tubing, you do not need to dry them. The droplets of water remaining inside will help humidify the air arriving to your nose.
5. If you are experiencing nasal dryness a humidifier may be recommended. The mist produced by the humidifier will help prevent or alleviate dryness in your nose.
6. During the first week of treatment, you may experience some sneezing and perhaps a sensation of nasal obstruction. This can be prevented or treated by using a humidifier, and/or the nasal sprays recommended by your clinical physician. If you continue to experience irritation of your nose, please contact us.
7. We recommend that you change out any filters on your equipment every other week. Your DME company will provide specific instructions on the maintenance of the filters.
8. While using the CPAP system, it is important that you sleep with your mouth closed. If your bed-partner notices that you open your mouth while you sleep, or if you start to notice that your mouth feels very dry, please let us know. You may require a chin strap.
9. The CPAP machine eliminates the interruptions of your respiration at night regardless of your weight. However, a weight reduction program would be very beneficial for you. Please, contact your referring physician if you need help with this. Losing weight will improve your health considerably and could even allow us to decrease the pressure of air

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- used in your machine. However, if you gain weight, we may need to increase your pressure. If you require surgery for any reason, related or unrelated to your sleep problem, make sure that you inform your surgeon about your diagnosis and the need to use this machine every night. Please take your device to the hospital so that the doctors can use it during your hospitalization. We will be happy to cooperate with your doctors if they consider it necessary.
10. If you decide to travel within the United States, you need to continue with your prescribed therapy and take the CPAP machine with you and use it while you sleep. This device can also be used in RV's, campers, or houseboats where electricity is available. If you are traveling outside the U.S., you may require a different machine adapter for different outlet voltages in other countries. Local DME companies provide battery power supplies and voltage adapters. Please contact us with any questions.
 11. **DO NOT** try to seal the mask at your face so tightly that it has absolutely no leakage of air. Pulling too tightly on the headgear straps causes undue pressure and may result in pressure soreness of the bridge of the nose. If this occurs, please let us know. Small to moderate leaks will be compensated by the electronic circuitry in your machine. It will continue to deliver your prescribed pressure.
 12. **DO NOT** deform the mask in any way. The more deformed the mask becomes, the more leakage you will have.
 13. If your CPAP equipment stops working or if the mask, tubing, headgear or valves break, please contact your DME company or supplier of respiratory equipment.
 14. In very few cases, use of CPAP can decrease the amount of urine you produce with a consequent increase in water retention and weight. For the first two weeks the you use your CPAP, make sure that you weigh yourself every day. If you notice a sudden increase (more than two pounds in one day), please contact us.
 18. A well fitting mask is the key to compliance. Your DME company is able to assist you by providing several different types of masks. Don't be discouraged if you find you do not tolerate the first interface. Together, the DME company and you will find the one that best suits you.

You should be able to use your CPAP machine all night long. If, after trying these suggestions, you cannot sleep through the night with your CPAP, please contact us at **239-369-5443**.

If you decide to ever discontinue the use of your CPAP/BPAP therapy, please inform us of your decision, so that we can explore other alternatives with you for treating your sleep disorder. We look forward to continued cooperation with you and your physician.