Pap Device Instruction Sheet

Patient/Caregiver Instruction Material

Sleep Apnea Therapy

Thank you for choosing Accellence to provide your sleep therapy equipment. Sleep therapy comes in the form of a CPAP (Continuous Positive Airway Pressure) machine or a BiPap (Bi-Level Positive Airway Pressure) machine. These devices are most commonly used to treat sleep apnea. Sleep apnea is a disorder that causes people to frequently stop breathing for short periods of time during sleep. The result of this disorder is lack of restful sleep and deprivation of oxygen. If left untreated, sleep apnea can increase the risk of hypertension, heart problems, and stroke.

Sleep therapy must be prescribed by your physician. The equipment provided will deliver a flow of air through your nose. This pressure prevents structures in your throat from blocking the air moving in and out of your lungs. While adjusting to sleep therapy is not always easy, it is extremely important to follow your doctor's orders and use the machine every night.

Cleaning

Daily:

- Wash mask with mild liquid soap and rinse well with warm tap water. Air-dry.
- Wash humidifier chamber with mild liquid soap and rinse well with warm tap water.

Weekly:

- Unplug the unit and wipe the outside with a damp cloth. Make sure the unit is dry before plugging it back in.
- Clean filter (or replace if necessary).
- Wash headgear with mild soap and rinse with warm water. Headgear may be washed by hand or in the washing machine. Air-dry (do not place in the dryer).

Replacement

In addition to routine cleaning it is also important that you change your supplies (mask, cushions, headgear, tubing, and filters) on a regular basis. These are considered disposable supplies. Frequent replacement of these components prevents infection, leaking that can disrupt therapy, and carbon dioxide build up should your exhalation port become clogged. Most insurance companies allow for the changing of these supplies frequently.

Most private insurance companies replace cushions and filters monthly, masks and tubing every three months and headgear every 6 months.

General Tips
Don't...

- Change the settings on your CPap or BiPap without consulting your doctor
- Smoke around your sleep equipment
- Immerse the unit in water or allow water into the vents or ports of the machine
- Leave the unit on while unattended
- Plug unit into an outlet controlled by a wall switch
- Block any vents or filter openings on your mask or machine
- Use the unit around water (other than the humidifier)
- Attempt to open or service this device

Do...

- Remove any water from the unit before moving
- Use distilled water in your humidifier
- Read the operating instructions prior to operating this device
- Place machine on its base on a level and secure surface
- Keep room humidifiers at least 6 feet away from the unit
- Take your machine as a carry-on when you travel

Infection Control: What are everyday preventive actions?
Everyday preventative actions are steps that people can take to help slow the spread of germs that cause respiratory illness, like flu. These include the following personal and community actions:

- Cover your nose and mouth with a tissue, when you cough or sneeze. This will block the spread of droplets from your mouth or nose that could contain germs.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub. Scrub hands with soap or sanitizer thoroughly for 30 seconds. Rinse thoroughly when using soap and dry with a clean paper towel. Turn faucet off with paper towel.

- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you or your child gets sick with a respiratory illness, like flu, limit contact with others as much as possible to help prevent spreading illness. Stay home (or keep your child home) for at least 24 hours after fever is gone except to seek medical care or for other necessities. Fever should be gone without the use of a fever-reducing medicine.
- If an outbreak of flu or another illness occurs, follow public health advice. This may include information about how to increase distance between people and other measures.

Sleep Therapy Troubleshooting Guide

I get water in my tubing.	Check the water level in your humidifier. Overfilling the water chamber can cause this problem. Condensation in your tubing can also occur when the air flowing through your tubing is warmer than the air in your room. Try turning down your humidifier's heat setting or insulating your tubing. Tubing wraps are available for purchase.
My mask is making a loud noise.	This typically occurs with a large leak. Most often the cushion or pillow has become worn and needs to be replaced. Mask liners might also help resolve leaking.
My mask won't stay in place or has lost its fit.	Masks and headgear are considered disposable. Overtime, facial oils and repeated washing will cause your headgear to stretch out and your mask to lose its seal. Shifting and rubbing can lead to irritation and leaks can result in diminished therapy. Contact us to place a supply order.
I feel like I can't get enough air.	Sometimes this feeling is related to higher pressure settings or an inability to tolerate the continuous pressure of a CPAP machine. This feeling can sometimes indicate the need to use a full face mask rather than a nasal mask (mouth breather). Contact us if you experience this problem.

I wake up with dry mouth or throat.	Try increasing your heat or humidity setting. If adjustments to your humidifier don't resolve the problem, you may be in need of a chin strap or a full face mask (if you do not currently use one). If you experience a large amount of condensation in your tubing, you could be losing most of the moisture from your humidifier before it reaches your mask. Refer to the "water in my tubing" troubleshooting section. Keep in mind many medications can also cause dry mouth. If this problem persists, contact your physician.
I'm claustrophobic.	It may take some time to adjust to your sleep therapy equipment. It is not uncommon for acclamation to take 30 days or more. Anxiety about wearing your equipment is normal. Try wearing your machine during the day while watching TV or reading. If desensitization techniques don't help, please contact us for other available options.
I wake up with sinus pressure or congestion.	Try different settings on your humidifier (up and/or down). In a few cases, patients have found eliminating the humidifier can also help, especially those prone to sinus problems. If problems persist, contact us or your physician for further troubleshooting.
My mask causes skin indentations, irritation, or sores.	It is not uncommon to experience some irritation during the first few weeks of therapy. Your skin will need some time to adjust. For nasal or full face masks, try using cloth mask liners to create a soft barrier. For those using nasal pillows, a water based lubricant (like KY Jelly) can help reduce direct contact with the skin. If you continue to experience these problems beyond the first few weeks, contact us to schedule a mask re-fit appointment.

Please review the user manual provided for more detailed instructions regarding your new equipment
or contact our office. Thank you.