

Troubleshooting Guide for Common CPAP/BiPAP/VPAP-related Problems

Problem	Solutions
Nasal Congestion/ Dryness or Post Nasal drip after removing CPAP	<ul style="list-style-type: none"> • Use nasal saline spray (Nasamist) or Nasogel nasal moisturizer before starting CPAP and/or each morning (see retail products in our store) • Increase heated PAP humidifier; generally to 2 in the summer and 4 in the winter • Insulate PAP tubing if too much mask condensation • Add an extra cool mist Humidifier in the bedroom • Use nasal corticosteroid spray (ie; Flonase, Nasonex) • Use Patanase, Astepro nasal spray, or (OTC Claritin/ Loratidine/Zyrtec) oral antihistamine • Use OTC 12-hr nasal decongestant (ie; Afrin, Dristan) no longer than 4 nights
Unintentional removal of mask/pillows during sleep	<ul style="list-style-type: none"> • This is very common when starting CPAP in the first 3 months of therapy • Follow advice for nasal congestion/ dryness • Use room humidifier or increase PAP heater setting • Try chin strap (may be opening mouth during sleep)
Dry mouth/swallowing air	<ul style="list-style-type: none"> • Increase CPAP/BiPAP/VPAP heated humidifier • Try a chin strap, to keep mouth closed • Use Biotene mouthwash
Intolerance of interface (discomfort, nasal skin breakdown)	<ul style="list-style-type: none"> • Loosen mask slightly • Ensure mask or pillows are situated properly • Replace nasal mask or pillows every 6 months • Return to sleep center for resizing or changing mask • Use a barrier, such as moleskin or bandage, or Roezet ointment (for skin breakdown) for bridge of nose
Difficulty in tolerating pressure	<ul style="list-style-type: none"> • Use CPAP/BiPAP/VPAP ramp feature • Have sleep center or vendor check blower for prescribed pressure • Follow advice for nasal congestion/ dryness • Use foam wedge, etc to elevate upper body to avoid lying flat
Difficulty falling asleep with CPAP	<ul style="list-style-type: none"> • Wear CPAP mask while awake ie: watching TV (daily) • Follow sleep hygiene recommendations (handout) • Delay bedtime until very sleepy or 1 hour later than usual bedtime • Make sure you are using the ramp feature.
Air leaks in mask	<ul style="list-style-type: none"> • Ensure mask or pillows are situated properly • Return to sleep center to refit mask or nasal pillows • Replace mask at 6 month intervals
Claustrophobia with CPAP mask	<ul style="list-style-type: none"> • Wear PAP mask while awake ie: TV watching (daily) • Schedule a mask refitting with our sleep lab manager

To refit nasal mask or pillows please contact us at (775)351-2600 to schedule an appointment with Joel, our Sleep Lab Manager. If you're still having problems, sleep clinic appointments are scheduled with a Nurse Practitioner, Cheryl Reed or Cynthia Repella.