

## Using CPAP

CPAP can be a key part of your treatment for sleep apnea. CPAP is safe and highly effective. But it can take time to get used to the mask. Your healthcare provider or medical supplier will give you tips for wearing and caring for your CPAP. Taking steps to improve your health can also help you sleep better.



### **Finding the Best Fit**

Your healthcare provider can help you find the mask that fits you best. He or she will also set the air blower on your CPAP. A sleep study will show the air pressure you need. Practice wearing it during the day. At night, wear the mask as long as you can, even if it's just a few hours. You should see the results in a week or so. If you have trouble with CPAP, don't just give up. There are many ways to improve comfort. A different style or custom-made mask may be an option.

### **Tips for Wear and Care**

For best results when using your CPAP, try these tips:

- ◆ Wear your CPAP all night, every night, and during all naps. Keep using CPAP even when you travel.
- ◆ Ask your healthcare provider to adjust the air pressure if you lose or gain weight.
- ◆ Try using a special humidifier unit with your CPAP if you have any dryness in the nose or throat.
- ◆ Keep your mask clean and wash it often.
- ◆ Make yourself comfortable sleeping with CPAP. Try some extra pillows if needed.