



Tips for CPAP Treatment Trials

1. *Water for the humidifier*

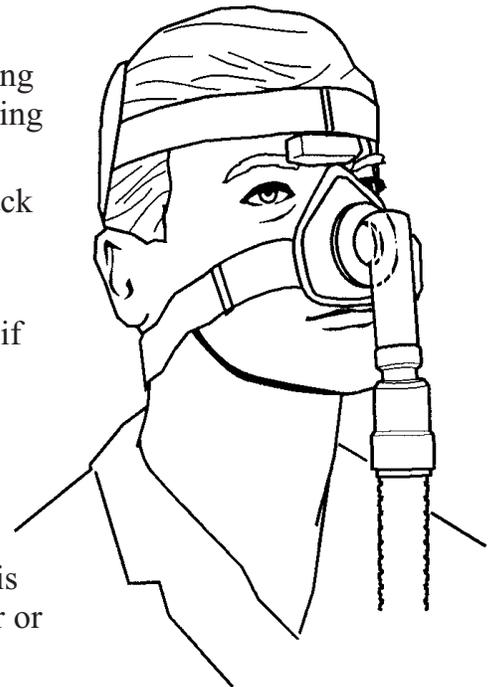
If the CPAP machine has a humidifier, it is important to follow these steps to protect both the machine and your health:

- ❑ Use only distilled or purified water in the humidifier; this is very important because it reduces the chances of harmful residue and bacterial growth.
- ❑ Fill the humidifier with distilled water to the 'max' line indicator; this is very important because it prevents burnout of the motor in the machine.
- ❑ Refill the distilled water to the 'max' line indicator **every time** you use the CPAP machine.

2. *Mask fit*

To get the most from your CPAP treatment, it is important to have a good and comfortable fit of the mask. Masks come in many styles, but these tips apply to all:

- ❑ Adjust the mask's headgear so the mask is snug, with no air leaking out any of the **sides**; be especially careful that there is no air leaking near your eyes.
- ❑ The mask's headgear straps should be worn straight across the back of your head; this allows the best fit and keeps the mask from shifting while you sleep.
- ❑ The mask should NOT cause any pressure, discomfort, or pain – if this happens, call or come back to the clinic for help.
(see www.arcnetwork.ca)
(Note that masks do NOT contain latex)



3. *Air exhaust*

It is **NORMAL** for air to come out of the **front** of the mask; this is caused by venting of exhaled air from your lungs. Do NOT cover or block the front exhaust holes on the mask.

4. *Ramp button*

The CPAP machine has a 'ramp button' that you can use for either of these 2 reasons:

- ❑ To reset the pressure to the minimum setting - for any time you feel that the machine is giving too much air.
- ❑ To reduce the starting pressure when you first go to sleep, allowing the pressure to build more slowly.

Talk to your sleep consultant if you have any questions or concerns.