

# CPAP Tips....

- 1) Twenty-one days to develop a good habit, so keep trying.
- 2) Try using your mask while watching some TV or if you have an afternoon nap to get some practice in.
- 3) That helps you get accustomed to it for the night.
- 4) Make sure you are using your cozy cover! It really does make a difference with condensation in the hose. Hang hose everyday so the moisture can drain. You don't want drips in the mask!
- 5) Run the hose behind your pillow and allow enough length to come above your head for movement side to side. You won't have to worry about it in front of you.
- 6) Remove the gray foam from the Fisher & Paykel mask to air-dry every morning to avoid moisture build up and drips in your mask.
- 7 ) If you are having leaks in your mask, try pulling it away from your face while it is still running and then put back on face. Sometimes the silicone can have a ripple or fold in it.
- 8) If you have any irritation from the mask, try using some lotion we have available in the office. Wash the mask with some mild soap.
- 9) Never travel with water in your humidifier or fill your water chamber while it is still in the humidifier.
- 10 ) Do not fill the humidifier chamber past the maximum fill line or it will make funny gurgling noises.
- 11) If you have any sinus issues or a cold, use Sinus Rinse and cold meds. Sinus rinse and the refill packages are available at our office.
- 12) Come in for machine maintenance, to replace your mask, hose and filters every year.
- 13) Remember the first week is the hardest, so don't give up!