

## *Resources*

Sleep Disorders Centre  
655-8555

S.A.I.L., Respiratory Benefits  
655-2505

Lung Association of  
Saskatchewan  
343-9511

Or

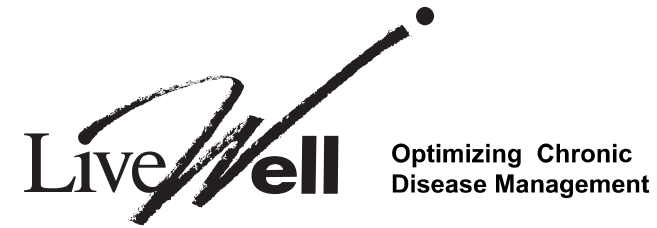
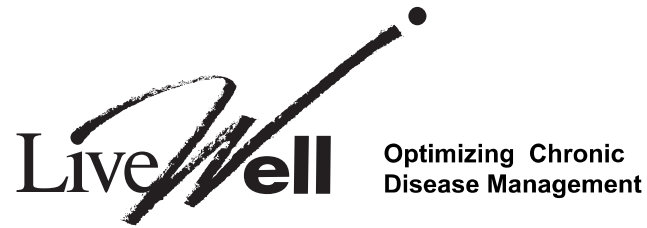
[www.lung.ca/sleepapnea/](http://www.lung.ca/sleepapnea/)

Canadian Sleep Society  
[www.css.to/about/index.htm](http://www.css.to/about/index.htm)

American Sleep Apnea Association  
[www.sleepapnea.org](http://www.sleepapnea.org)



Revised: Mar. 4/10



*You and Your  
CPAP/BiPAP  
Equipment*



## ***General Information***

- ✓ Use CPAP every time you go to sleep, including naps and while sleeping away from home. Do not stop using CPAP/BiPAP without consulting your physician.
- ✓ If you have problems keeping the mask on at first, be sure to keep trying and gradually increase the time you wear the mask each night.
- ✓ Take your CPAP/BiPAP with you for any hospital admission and be sure the Doctor knows you have Sleep Apnea.
- ✓ For follow-up appointment with your Respiriologist, Nurse Educator, or Sleep Center, please bring CPAP/BiPAP machine, mask, tubing, and headgear with you to the appointment.
- ✓ Have the CPAP/BiPAP machine checked every 5 years. **Please call S.A.I.L. at 655-2505 to make an appointment.**
- ✓ Do not over-tighten headgear.
- ✓ A small leak is acceptable as long as it is not irritating the eyes. The CPAP/BiPAP machine will deal with small leaks.
- ✓ You should not have redness or sore areas on your face in the morning under the area covered by the mask or headgear.
- ✓ Clean CPAP/BiPAP mask daily, headgear and tubing weekly, in warm soapy water. Rinse and place on a clean towel to air dry.
- ✓ Replace mask, tubing and headgear when worn or broken (2-3 years).
- ✓ Check with your insurance provider for initial regular replacement coverage.



## ***Problems & Solutions***

### **1. Mask Leaks**

Leaks may happen if the mask is:

- too large
- too loose
- too small
- the wrong type for you

### **2. Mouth Opening**

The problems stem from the collapse of the airway in the nose. Increasing CPAP/BiPAP pressure corrects this. If it persists:

- a chin strap may help
- full face mask may be needed
- heated humidification may help

### **3. Claustrophobia**

- feeling like you can't breathe may be part of the cause
- CPAP/BiPAP will help to relieve the symptoms
- the key is to relax. Let this fact sink in... "I can breathe now!"
- adjust to wearing the mask slowly and for short periods of time

### **4. Nasal Dryness and Bleeding**

- add humidity (heated humidity is more effective)
- obtain a prescription for medicated nasal spray

### **5. Mask Unattractive to Spouse**

The sleep partner is happier with a breathing partner than with a partner who cannot catch his/her breath. Studies have shown that the bed partner gets an extra hour of sleep per night with CPAP/BiPAP use.

## ***Problems & Solutions***

### **6. Repeated Sneezing**

Make sure the tubing is dry. After washing, shake out excess water, connect to machine and allow pressure to run for 10 minutes.

### **7. Still Snoring**

This can be a sign that the CPAP/BiPAP pressure needs to be increased. Contact your Respiriologist to discuss the problem.

### **8. Cannot Get Air Out**

- when first trying CPAP/BiPAP, people think that they have to actively force the air out.
- the key is to relax. Remember that breathing out is passive. It will happen without your control.

### **9. Too Much Pressure**

The prescribed pressure is the amount that is necessary to keep your throat open. Try this:

- put headgear on and adjust mask to comfortable tension.
- turn on machine.
- inhale deeply through the nose.
- attach hose to mask
- relax and breathe the pressure for 5-10 minutes.

### **10. Red Spot on Bridge of Nose**

- mask may be too tight
- loosen straps slightly
- may need to try different style mask
- contact your Nurse Educator for suggestions on care of the skin.