

Getting Used to Your PAP Machine (Long)

How can I get used to wearing my PAP machine?

- ✓ Practice wearing the mask portion only.
 - It may help to practice wearing just the mask for short periods of time while you are awake, for example, while you are home reading or watching television.
- ✓ Next, practice wearing the **mask and connected tubing**, with the pressure on.
 - Try wearing the mask and tubing while you are awake and reading or watching television.
- ✓ Start using the **entire PAP therapy unit** during naps or for short periods during the night to get used to how the device feels.
 - Once you have gotten used to it while sleeping, increase your use of the PAP device to wearing it every time you sleep.
- ✓ Use it regularly.
 - Stick with it for several weeks or more to see if the mask fit and pressure settings work for you.
- ✓ Set personal goals.
 - Start by using your machine for 1-2 hours for the first few days.
 - Increase it to 3-4 hours for a few days.
 - Continue to increase your usage until you are able to wear it the entire time you are sleeping.
- ✓ There are several styles of masks to help with ease of use comfort. Work with a PAP technician to find a mask style for your comfort and sleep needs.

Pressure Intolerance

If you are having a hard time adjusting to the amount of air being delivered through your PAP machine (your pressure setting) make sure to:

- ✓ Use the ramp feature of your machine. The ramp time allows you to start with a low air pressure and then **slowly increase** the amount of air delivered until you get to your prescribed setting as you fall asleep. This length of “ramp” time can be adjusted.
- ✓ Auto PAP adjusts to your body’s need in different stages of sleep and provides more pressure when you inhale and less when you exhale. This would require a new order/prescription from your physician and will be based on medical necessity as per insurance eligibility and coverage.

Sleeping Difficulties

What if I remove the mask during my sleep?

- ✓ If you wake up every night with the mask off, try setting an alarm during the night to check whether your mask is still on. Keep setting the alarm for later and later into the night, if you find you are keeping the device on longer.
- ✓ Wear a chin strap over top of the mask or under chin of the mask to help securely attach the mask to your face (see picture at right).
- ✓ Use a stocking cap/skull cap over top of the head gear to add an additional layer and make it more difficult to remove in the middle of the night.



Can I wear a mask if I’m a side sleeper?

There are sleep techniques or accessories that can be used to help the PAP device fit into your current sleep style.

- ✓ Change the contact point of your head on your pillow. When you change the pressure point more towards the ear than the cheek, it allows for better mask contact.
- ✓ Move your head to the edge of pillow which creates a space between the mask and the mattress and allows the mask to hang over the pillow, and the seal is not disrupted.
- ✓ Purchase a Contour PAP Pillow which is a soft bed pillow with a cut-out area that allows your mask and tubing to properly fit your face, without hitting or becoming dislodged by the pillow. These products are not covered by insurances and are private pay items.
- ✓ Discuss other possible mask options with the PAP technician.
- ✓ ZZoma® Positional Sleeper wraps around your upper torso to ensure you remain comfortably positioned on your side, while sleeping. Some physicians may prescribe this along with your PAP device. ZZoma® is available by prescription only and is not covered by insurance and is a private pay item.

What are my options if I am a stomach sleeper?

- ✓ Use pillows or a body pillow to prop your body up to allow for space for your mask between the pillow and the mattress.
- ✓ Use a baby Boppy® u shaped pillow so your face is on the pillow portion, but your mask is in the cut out center section, allowing space between the mattress and the mask. While on your stomach, your forehead would be on the pillow lying face down toward the mattress and the mask would hang down in the cut out space.

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