

Getting Used to Your (C)PAP Machine (Short)

The goal of these instructions is to help you become more comfortable with Positive Airway Pressure (PAP) while you are awake so that you can learn how to sleep easily with PAP. For now, do not try wearing PAP during sleep until you are comfortable with it during the daytime. If your machine has a RAMP button, you may use this function to keep the pressure at a low level during practices.

1. Turn the PAP airflow on:

Hold the mask over your nose and practice deep breathing with the machine on while you are awake. While you are doing this, keep your mouth closed and breathe regularly through your nose. Start with short periods of time (1-5 min) and gradually build up to longer periods of time. Do not use the straps.

2. Turn the PAP airflow on and wear the mask over your nose with the straps on your head.

- Practice deep breathing with PAP on while you are awake.
- Wear PAP for longer periods of time until you can have it on for 15-20 minutes comfortably.
- Move the unit into your bedroom and hook up the mask and tube to the machine
- Fill the water reservoir with distilled water to the appropriate line.

3. Try resting in bed during the day with your PAP machine and mask on.

The goal is not necessarily to sleep, but to rest comfortably in your bed with the PAP on.

- When you are sleepy at bedtime, practice deep breathing. Place the mask over your nose, pull headgear over your head, turn the machine on (or your machine may start automatically depending on settings), and lie down to sleep.
- If you feel claustrophobic or uncomfortable at any step, go back to the previous step until you feel comfortable. Then, proceed to the next step.

Please do not hesitate to call the Sleep Disorders Center at (810) 263-4000 if you have questions or would like to discuss this in more detail. You may also call that phone number if you do not hear from us about your follow-up clinic appointment in the near future.

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