

## **CPAP EQUIPMENT FITTING, ORDERING AND TROUBLESHOOTING.**

For less than half the patients with obstructive sleep apnea, adapting to use of CPAP therapy is easy and they need very little assistance. For most people becoming comfortable with the use of CPAP takes some work and assistance.

At the Sleep Disorders Center of Santa Maria we will do everything possible to make the CPAP comfortable for you. As we like to say “We won’t rest well until you do”.

### **SOME OF THE PROBLEMS THAT PEOPLE HAVE WITH CPAP INCLUDE:**

1. Uncomfortable mask fit.
2. Cough related to the use of the CPAP.
3. Dry mouth.
4. Marks on the face.
5. Claustrophobia with the mask.
6. Facial skin irritation.
7. Sore on the bridge of the nose or other area.
8. Persistent snoring on CPAP.
9. CPAP noise.
10. Air blowing on the bedpartner from the CPAP.
11. Pressure too high
12. Pressure too low.
13. Need for another mode of pressure delivery

Our experienced Respiratory Therapists provide exceptional patient education. During your follow up office visit with a sleep specialist you can also have a licensed Respiratory Therapist help you resolve any of the issues listed above as well as many other CPAP problems. We can also give a detailed review on how to use and maintain your PAP machine and supplies. If you have any questions regarding your equipment or supplies contact the Sleep Disorders Center of Santa Maria. Our staff of physicians, medical assistants and registered sleep technicians are ready to assist you with your CPAP.

### **REFITTING WITH DIFFERENT TYPES OF CPAP MASKS**

The CPAP mask may cover just your nose, your nose and mouth or fit in your nostrils or even in your mouth. No matter what type of mask you use, it is important that it fits well and

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is comfortable. The mask must make a seal in order to keep your airway open through the night. A good mask seal will prevent air leaks and maintain the right level of air pressure. If you are having any problems with mask fit call use for help at the Sleep Disorders Center of Santa Maria. We will sleep better when we know that you are sleeping better.

### **PRESSURE SETTINGS AND PRESSURE DELIVERY ADJUSTMENTS:**

The amount of air pressure needed for CPAP to treat sleep apnea depends on the person. Your sleep physician may recommend a CPAP titration study to calibrate your CPAP. Most CPAP units also come with a timed pressure “ramp” setting. This starts the airflow at a very low level, so you can fall asleep comfortably. The setting then slowly raises the pressure while you sleep until it reaches the right level to treat your sleep apnea.

For various reasons some people do not do well with the constant pressure of standard CPAP. In these cases, you may need a variable pressure device instead of continuous pressure.

Although we generally refer to all forms of positive airway pressure therapy as “CPAP” there are a number of other variations on PAP therapy which are different ways of delivering the air pressure. Other commonly used devices include APAP (automatically-adjusting positive airway pressure) devices which automatically raise or lower the air pressure as needed during the night. BiPAP (bilevel positive airway pressure) devices have two alternating levels of pressure. When you inhale the pressure increases, and when you exhale the pressure decreases. If you have difficulty with CPAP or APAP, the physician may recommend BiPAP. They may also prescribe BiPAP if you have sleep apnea along with another breathing disorder, such as COPD.

### **PRESCRIBING DIFFERENT TYPES OF PAP DEVICES:**

The sleep team at the Sleep Disorders Center of Santa Maria will determine which type of PAP device is best for your particular needs. Some of the types of PAP devices include: Bilevel PAP, APAP, VPAP, VPAP-ASV, VPAP-ST, and IVAPS.

Follow up in the office is very important to confirm the efficacy and compliance when you are on PAP treatment. When you come in for your follow up visit at the Sleep Disorders Center of Santa Maria it is important to bring in your PAP unit with the tubing mask etc. The CPAP will be downloaded at the follow up visit and the data reviewed. You should also have a list of any problems or complaints that you have with the CPAP so that these issues can be addressed. Changes in pressure, air temperature, air humidity, mask size or type and device type may be needed during the first few months of treatment.