

CPAP doesn't have to be a nightmare

*Here's what you need to know ...
then sleep on it.*



Frustrated with your CPAP machine? It is a challenge — the mask, the air, the pressure. But don't give up.

Studies have shown that using your CPAP machine every night can improve your health, including lowering your risk of heart attack and stroke. It can also help you breathe easier and reduce or eliminate snoring.

Some insurance companies — including Medicare — require patients to use their CPAP consistently for coverage.

Try these tips at home

- Wear your mask for short periods during the day to get used to it and help break it in. Loosen the straps if the mask feels too tight.
- Use the ramp feature to increase air pressure gradually.
- Use a CPAP humidifier if the machine is making your throat too dry.

Get expert help

A clinical sleep educator (CSE) can help you troubleshoot problems, including humidity and air flow, and increase your comfort with the mask and the machine.

Ask your sleep specialist or primary care provider for a referral to see a clinical sleep educator. The order is required before we can schedule the appointment. The CSE will work with you to ensure the best possible results with your CPAP treatment.

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