



CPAP Desensitization

Wear mask 20 minutes at a time without the PAP unit or hose attached until you get used to it (during the day) deep, slow, calming breathes

Attach mask to hose and do the same 20 minutes at a time, multiple times a day

Now attach hose to PAP machine and repeat 20 minutes at a time

Repeat with PAP attached and "on" for 20 minutes at a time

Nap / Rest during the day with mask and PAP on for longer periods of time

Start using at night when you go to sleep, use as long as possible

Eventually use for all of sleep, replace mask every time you take it off, push "ramp"

If this strategy fails then referral to a Sleep Psychologist may be necessary

*** Compliance parameters to keep PAP unit and insurance paying for it is usage > 4 hours a night, > 70% of nights. Our goal is to use PAP for all of sleep to effectively treat Sleep Apnea.