

## CPAP Supplies and Care

You have a **Durable Medical equipment Company (DME)** that works through your insurance to get your supplies and treatment with CPAP/ BiPAP therapy for Sleep Apnea

The DME must receive orders from your prescribing Physician, verify that you have sleep apnea then dispense your treatment and supplies as needed. They fix and replace your supplies and PAP as needed. PAP machines are typically rented monthly for a while until your insurance purchases it completely. insurance pays for the PAP machine if you meet their compliance standards.

**PAP education and a “PAP mask fit” are critical** steps to getting off to a great start on PAP therapy. These are usually provided by your DME company but please go to [expertsleep.com](http://expertsleep.com) to learn more about Sleep Apnea and PAP initiation, treatment and trouble shooting. If you get a new mask that doesn't fit correctly, you may have a limited time to return it or change it out for the correct mask without charge.

**Keeping your PAP clean and up to date on supplies and maintenance will improve your compliance and function of the machine.** Contact your DME monthly if you need and disposable / replacable monthly parts (filters, some nasal pillow and pap mask seals). You will periodically need some updates and supplies. Place an X on your calendar every third month or ask your DME to call you or send supplies automatically. Please ask your DME about their supply and maintenance policy. Please also ask them about their mask replacement policy.

**Cleaning your PAP.** We recommend wiping out your mask every morning and emptying any residual water from the humidifier chamber. Once a week soak all cleanable parts of PAP machine and mask in water and a mild detergent/ dish soap or vinegar and water (1:10 ratio). rinse then let air dry.

**Use your PAP for all of your sleep.** Your insurance won't pay for PAP or allow you to keep PAP machine if you don't meet their **compliance** standard. This is usually more than 4 hours a night, more than 70% of the nights. Studies show that this compliance standard is enough to save your life but not enough to make you feel good or treat you optimally. You need to use PAP for all of your sleep. You need 7 hours of sleep a night.

If your machine is not working or if you need new supplies, call your DME immediately. If you can't tolerate the PAP or are having compliance issues or medical complications of Sleep Apnea please, call us for an appointment at (502) 963-0487.

Please see our **“Troubleshooting CPAP”** at [ExpertSleep.com](http://ExpertSleep.com) for helpful hints- this may fix the issue.