

## **CPAP Troubleshooting Guide**

### **Dryness**

- Increase your humidity setting to a higher level
- Add a in line climate control/ heated hose
- Decrease leaks from the mask and circuit
- Change masks to full face mask or add a chin strap
- Increase room humidity
- Mouth wash, (Biotene, staymoist) nasal sprays (Flonase, saline)
- Review medications for side effect of mouth dryness

### **Nasal Congestion/ Stuffiness**

- Increase humidification
- Start nasal spray such as OTC Flonase nightly, prn saline rinse
- OTC antihistamine, Zyrtec, Claritin, etc..

### **Insomnia (waking up)**

- May be normal awakening after an episode of deep sleep
- Focus on “cause of awakening” if any
- Melatonin 1 mg 30 min before sleep time

### **Mask leak**

- New mask fit and “mask of choice” with DME
- CPAP Contour Pillow (special bed pillow)
- Replace outer gaskets routinely
- Shave beard and mustache / shave before bed
- No oils, creams, or lotions on face before bed
- Remzees cloth gasket/ barrier

### **Pressure feels too high**

- Treat nasal congestion
- Readjust/use ramp feature button
- Consider adjustment to autoPAP or BiPAP mode
- We may be able to decrease the PAP pressures

### **Durable Medical Equipment (DME)**

- Make contact daily if you are not getting what you need
- Call us and your insurance company if DME provider is unsatisfactory
- If new order is needed, we can fax to DME within 48 hours typically
- We must see you at least once a year to be able to write orders for DME

**Go to [Expertsleep.com](http://Expertsleep.com), our educational website to learn more**