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, our educational website to learn more