

CLEANING/MAINTENANCE

- ! Unplug unit then wipe off with a clean, damp cloth once per week.
- ! **Daily wash the mask, standard tubing and water chamber** with warm water and **Dove or Ivory dish soap**, rinse, and air dry. Do not use products that are antibacterial or have citrus or floral scents added.
- ! **Weekly wash the heated tubing and headgear** with **Dove or Ivory dish soap**, rinse and air-dry.
- ! ***If you have a disposable (white) filter it needs to be changed at least every 6 months!!*** This is very important. The sleep equipment will overheat and fail if the filter is not maintained regularly! Do not attempt to clean this filter. If the disposable filter starts to change color or if it gets a build-up of dust or pet hair you need to change the filter. Most insurances allow replacement of the filter at least every month if needed. Keep the unit away from heating vents, radiators, drapes, and bedspreads so that the air intake is not restricted.
- ! **The reusable filter needs to be rinsed with water once a week and replaced every 6 months.**
- ! Use **distilled water** in the humidifier chamber and change the water daily-do not reuse the water.

MISCELLANEOUS USAGE INFORMATION

- ! Some people beginning CPAP or BiPAP therapy get frustrated in the first few weeks or months of usage for a variety of reasons. If you have a ramp time set for your CPAP machine, then the ramp will start automatically every time you press the start button. You can activate the ramp as many times as you need to, to get acclimated to the machine. You can re-start the ramp by turning the machine off and turning it back on again- the pressure will start over at the lower pressure and build slowly over the time you have set in the ramp (triangle) screen. If you have an auto ramp feature the pressure will stay at the lower pressure until the equipment determines you are asleep.
- ! It may be beneficial to wear the CPAP or BiPAP machine while awake for about an hour per day to desensitize yourself to the pressure and the mask. This allows you to become acclimated to the pressure without the frustration of trying to get to sleep at the same time.
- ! If you get too frustrated in the first few weeks, take the mask off and take a few minutes break. Once the frustration has eased, try again!
- ! If you are experiencing soreness due to the mask or nasal pillows rubbing against your skin, you can apply a water-soluble lubricant (KY Jelly) on your skin before you put the mask or nasal pillows on to try to ease the soreness. Do not use a petroleum-based product such as Vaseline.
- ! Remember the heated humidifier has different heat settings. Increasing the heat may help if you are experiencing nasal or oral dryness.
- ! If you are experiencing skin soreness or leaking issues from your mask, you can try using fabric mask liners. The manufacturer's name is Remzzzs. These liners help the mask to seal and minimize soreness and irritation.

BE PATIENT!! It may take several days or weeks to get acclimated to using the CPAP/BiPAP unit. Wearing the CPAP even a few hours per night provides health benefits. **If you are unable to wear the CPAP at least 4 hours per night, it is your responsibility to call us so we can try to help work through the problems and frustrations that may arise from usage.** If you need to meet with a respiratory therapist you will need to call 419-625-4312 and schedule an appointment.