



Tips for PAP

It may take some time for you to become comfortable with using PAP. Follow these tips to improve your quality of sleep with PAP:

Begin using your PAP for short periods of time during the day while you watch TV or read

This will help you get used to wearing your mask. It will feel more natural when you are trying to fall asleep.

Make PAP part of your bedtime routine.

Use PAP every night and for every nap. Using PAP less often reduces its health benefits and makes it more difficult for your body to adjust to the therapy.

Make small adjustments to increase your level of comfort

Adjust your mask, tubing straps and headgear until you get the fit right. You can also try using a special bed pillow that is shaped for a PAP mask and/or hose.

Make sure your mask is a good fit. The most common problems with PAP occur when the mask does not fit properly.

If the mask is too big, the straps holding it to your face will need to be pulled tightly. This may irritate your skin or lead to sores as the straps rub against your face. A mask that is too small will not seal properly and air will leak out through the edges. The air may blow into your eyes. If you are having either problem, you may need a different mask or headgear.

If the pressure feels too high as you are trying to fall asleep, use the “ramp” mode on your PAP unit

Ramp mode will start your device on a low pressure setting and gradually increases the pressure over time. You should be able to fall asleep before the air pressure reaches its proper level.

Use a saline nasal spray to ease mild nasal congestion

Nasal congestion can be a problem with PAP treatment. A nasal spray or decongestant can help with nasal or sinus congestion.

Use a humidifier if you have a dry mouth, throat or nose

Some PAP devices have heated humidifiers, which are chambers filled with water on a heater-plate. This feature ensures that you are breathing warm, moist air through your mask. If you are using a heated humidifier and the tubing fills with water, turn down the heat on the humidifier and keep the PAP machine at a level lower than your head.

Place foam under your PAP machine to dampen the sound

This may help if you find the sound of the PAP machine to be annoying. A mouse pad also works great as a noise dampener.

If these adjustments do not work, consult your sleep specialist

You may need a different mask or device or you may need the air pressure adjusted. Some patients may also benefit from cognitive-behavioral therapy. This can help you identify and overcome what is preventing you from getting a good night's sleep with PAP. If you are having problems remembering to use your PAP every night, find someone to help. Considering joining a support group or asking someone you trust to hold you accountable for using your PAP.