



30 Damascus Road, Suite 208  
Bedford, Nova Scotia B4A 0C2  
902-404-6545 Fax: 902-404-5474  
[info@thebreathfactory.ca](mailto:info@thebreathfactory.ca)

---

### SUGGESTIONS FOR SUCCESSFUL THERAPY

1. Always have your **tubing level** with the head of your bed. If the tubing does not stay in place throughout the night, try placing it under your pillow. There are also tube management clips you could purchase to pin to your fitted sheet for even more tubing stability. Do not place tubing over your headboard or have it droop at the bedside. **NEVER PLACE MACHINE ON THE FLOOR**, place it on a bedside table.
2. If the tubing is bothersome, try using a tube cozy over the hose for a more comfortable sleep.
3. If you awaken during the night with a lot of air coming out of your mask, feel panicked or feel like there is not enough air and you are uncomfortable, simply turn the machine off and on. This will help for comfort and will most likely subside over time. This can be perfectly normal when starting your therapy.
4. If you are able, side sleeping is the preferred sleeping position, with one pillow under your head and your neck in a neutral position. Try not to sleep in a fetal-like position with chin to chest.
5. Ensure the mask is tight enough to stop air from escaping the mask, but not too tight that it causes discomfort. It is normal to have air coming out the front (and sometimes top) of the mask as this is your CO2 exhalation port and **SHOULD NEVER BE COVERED**.
6. Sometimes at the start of therapy, you may find your nostrils become sore or uncomfortable (depending on the mask style). You can use a water-soluble gel (NeilMed Nasogel spray is the best) lubricant before placing the mask on. Either place the gel directly on the nasal pillows or your nostrils. Avoid using vaseline or any other oil-based lubricant as this may cause the mask to break down.
7. Once again, air dry your water chamber **EVERY** morning and change your water **EVERY NIGHT** to prevent mold and bacteria from growing.
8. If you are taking your mask off in your sleep or waking up after 2-3 hours of usage, increase your humidity level by one increment at a time (see sheet attached on how to change humidity).
9. If you are struggling to adapt to CPAP, practice wearing your mask while watching TV, surfing the web or reading a book.
10. Establish a regular cleaning regime.
11. Keep an open dialogue with your clinician as they are an excellent resource and will be able to give you some tips and tricks to help you succeed.
12. When first putting your mask on, make sure to relax and breathe naturally. You may be inclined to take deep breaths in and out however, **DON'T...** just breathe normally through your nose with your mouth closed. If you have a full face mask you can either breath through your mouth or nose.
13. If you are struggling with nasal congestion, dry mouth, headaches or feeling tired in the day try increasing your humidity one increment at a time (see sheet on how to change humidity) until issues subside.

**\*With time and patience, CPAP can positively affect your quality of life and health. We are here to help, don't hesitate to give us a call. Be patient as it can take time to adapt to your therapy. It can sometimes take up to 6 months to feel the full effect of your CPAP therapy\***