

Direct Sleep Clinic – **Private** CPAP Trial Information Sheet

About your CPAP trial

You are starting on your CPAP journey because you have had a sleep study done and been diagnosed with Obstructive Sleep Apnoea (OSA).

OSA can present with the following symptoms:



A CPAP therapy trial can significantly help to improve your sleep quality, which in turn should help with daytime alertness, energy levels and general health.

CPAP therapy can take a bit of getting used to but we are here to help you every step of the way.

Your Trial Appointments

Please note that if you have any questions or concerns at any point during your trial or feel like the mask you have been set up with isn't working for you, call us and book an appointment in and we will help you as much as we can.

1. CPAP Trial Consult (for a 1 month hire)

Please allow 1 hour for this appointment.

In this appointment we set up your machine, find a mask to suit you and explain how everything works. The trial fee of \$275 is required to be paid at this appointment.

This fee includes the hire of your machine, heated tube, humidifier, your mask trial/s and **all consults**. Your GP is advised that you have started a CPAP trial.

2. 1 Week Review

Please bring all equipment to this appointment.

We will have a look over your data and troubleshoot any issues you may be having.

3. End of Hire (4 week review)

Bring all equipment back in.

Data download completed and sent to your GP.

If you feel therapy works for you this is when you would look at purchasing your own machine and mask.

CPAP Troubleshooting Guide

You may experience	Solutions
Dry mouth	Increase humidification level If using a nasal mask consider a chin strap or moving to a full face mask
Moisture in mask or hose (rainout)	Decrease humidification level Consider using a tube cover Close window/heat room
Air temperature is uncomfortable	Increase or decrease tube temperature
Excessive mask leak/eye irritation	Adjust your headgear Check that mask is assembled correctly Ensure correct positioning of mask Adjust mask cushion position Adjust sleep position Try an alternative mask Note – air from small mask ‘exhalation’ holes is normal
Dry/blocked/runny nose	Increase humidification level Use a nasal spray
Waking up to high pressure	Turn the device off and then on again to reset
Pressure feels too strong	Use ramp function
Skin irritation	Clean cushion daily Loosen headgear Adjust mask Use ‘Gecko’ Try an alternative mask
Sore nose when using nasal pillow mask	Use nasal gel Use nasal spray Try an alternative mask
Feeling claustrophobic	Try using the machine and mask during the day while watching TV Use ramp function Try an alternative mask

DIRECT SLEEP CLINIC

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Shop 2, Goldfields Plaza Shopping Centre
Monkland Street, Gympie Qld 4570

t 07 5346 0160
e gympiesleep@directchemistoutlet.com.au