



AUTO PAP/CPAP/BiPAP DESENSITIZATION STEPS

Your AUTO PAP//CPAP/BiPAP delivers prescribed amounts of pressurized air, and **only a physician** can determine the pressure amount needed.

The air pressure is measured in centimeters of water (cm of H₂O). The air acts as a splint to hold open the airway during sleep. Your AUTO PAP/CPAP/BiPAP

should be used during all naps and nighttime sleep. To acclimate yourself to CPAP therapy, try the following:

- Try using your AUTO PAP/CPAP/BiPAP machine at home, while awake, for one hour each day.
- Attach the mask to one end of the tubing, attach the other end of the tubing to the CPAP/BiPAP unit and turn it on.
- Practice breathing through the mask for one hour while watching television, reading, or performing a sedentary activity.
- Use the CPAP/BiPAP during scheduled 1-hour naps at home.
- Use the CPAP/BiPAP during the first 3-4 hours of nighttime sleep.
- Use the CPAP/BiPAP through an entire night of sleep.

Advance by one step after 5 days. When you can take a step without anxiety, move on to the next step.

- Therapeutic guidance should be provided during outpatient visits by your prescribing physician.
- Expect to “work” with your AUTO PAP/CPAP/BiPAP unit. It is important to try to relax when beginning therapy.
- Inhalation and exhalation should occur through the nose only—it is necessary to keep the mouth closed. Typically, a “smothering” sensation occurs when the mouth is open. Don’t give up after a few attempts—some patients need 3 to 4 weeks (or sometimes longer) to become adjusted to CPAP therapy.

Contact your Durable Medical Company if you experience any problems with the mask, unit, etc.

3 Tips for Sleeping with your PAP Therapy/ WebMD: <https://youtu.be/GzrJCqHCx8U>