



Compliance education: <https://www.youtube.com/watch?v=dhpMN9Za0cc&t=12s>

- To be in compliance means to use your machine for the required time the insurance requires for the machine to be paid for and to receive supplies. Over the first 90 days of treatment, we must meet >70% of the days over 4 hours of usage for a 30 day period to meet this requirement.
- If you do not meet compliance as required by your insurance company payment may be stopped and the DME company may ask for the equipment back.
- CPAP machines generally come with an SD Card that will record your machine data each night. Some machines will have a modem that will record data and send it to the cloud where it can be accessed by your Durable Medical Equipment company (DME).
- Our goal is continued compliance throughout the entire treatment to reduce risks associated with obstructive sleep apnea.

Luna G3 Machine Videos:

<https://www.youtube.com/watch?v=CAaz5H8DtsI>

https://www.youtube.com/watch?v=1qass_7YDvo

Sleeve for CPAP due to condensation:

<https://www.youtube.com/watch?v=DL9fzsNILsw&t=21s>

Sleep Hygiene:

<https://www.thoracic.org/patients/patient-resources/resources/healthy-sleep-in-adults.pdf>



AASM | SLEEP EDUCATION

Types of masks

There are three common types of CPAP masks. No matter what type of mask you use, it is important that it fits well and is comfortable.



Nasal mask

This mask only covers your nose. This is the most common type of CPAP mask.



Full face mask

This mask may cover your nose and mouth or may sit under your nose and cover your mouth. This type of mask may help if you have air leaks when using a nasal mask.



Nasal pillows

This mask uses soft silicone tubes that fit directly in your nose. This may help if you have air leaks or don't like the feeling of a mask over your nose and face.

Humidifiers Humidifiers for CPAP can help reduce side effects from the treatment and make it easier for you to breathe through your mask. Some people may have nasal irritation or drainage from using CPAP. A humidifier can reduce these side effects by providing cool or heated moisture to the air coming from the CPAP unit. Many CPAP units come with a humidifier connected to the machine.



Supplies Replacement Recommendations

Regular replacement of supplies is recommended to prevent deterioration and contamination of equipment.

Full Face Mask Hardware	1 per 3 months
Replacement Full face cushion	1 per 1 month
Replacement Nasal Cushion	2 per 1 month
Replacement Mask pillows	2 per 1 month
Nasal Mask/Pillow Hardware	1 per 3 months
Headgear	1 per 6 months
Chin Strap	1 per 6 months
Tubing	1 per 3 months
Heppa Filters	2 per 1 month
Non-Disposable Foam Filter	1 per 6 months
Humidifier Chamber	1 per 6 months

****This is a replacement guide followed by some insurance companies. This may be subject to change and may not reflect your insurance plans' replacement policies.

Please contact your DME to clarify your schedule.

SkyLink Medical
Kiesha Trahan, RRT, RPSGT
Chief Operating Officer