



**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.

**ResMed Air Sense 10:**

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

**Sleeve for CPAP due to condensation:**

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

**Sleep Hygiene:**

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