

# Building a relationship with your auto-CPAP in four weeks (or less)

Your commitment + Careica Health support = therapy success

At the end of your auto-CPAP trial, our goal is to ensure you are successfully wearing your auto-CPAP every night, all night. For some, this may happen immediately, while for others they may need more time to adapt. This is normal.

Try to use your auto-CPAP every night, even if it is for short periods.

- You may want to try using it when you are awake and relaxing (e.g. watching TV or reading) to start.
- Make sure you are relaxed and ready to put on your mask. Find a relaxation technique that works for you.

**Remember, auto-CPAP will get easier each night you use it.**



# CARE SOLUTIONS AND EQUIPMENT ISSUES

Reference these tips to solve any issues you may be experiencing. As you get more comfortable with auto-CPAP these issues may improve.

CARE SOLUTIONS	YOU HAVE SHORTNESS OF BREATH OR A SUFFOCATING FEELING	<ul style="list-style-type: none"> <li>• Difficulty breathing out against pressure is normal and is exactly what holds your airway open during sleep. As you get more comfortable with CPAP this feeling will pass.</li> <li>• If you are an asthmatic, use your inhaler right before bedtime.</li> <li>• Caution: Call 911 if you experience severe shortness of breath that comes on suddenly, affects your ability to function, or is associated with chest pain.</li> <li>• Treat any nasal congestion.</li> <li>• Try relaxation techniques before wearing your mask.</li> <li>• Use the ramp button for pressure relief.</li> </ul>
	THERE IS A PRESSURE POINT ON YOUR FACE FROM THE MASK	<ul style="list-style-type: none"> <li>• Adjust or loosen your mask and headgear.</li> <li>• Apply a bandage or LiquiCell® to the tender area.</li> <li>• If an open sore occurs, you may have to stop using CPAP for a few days to allow healing.</li> <li>• Daily cleaning of seal should be completed.</li> <li>• If applicable, facial hair should be trimmed or kept clean-shaven.</li> <li>• Careica recommends using a single, soft pillow or a CPAP pillow (e.g. CPAP Max® 2.0).</li> </ul>
	AIR LEAKS ONTO YOUR FACE OR EYES FROM YOUR MASK	<ul style="list-style-type: none"> <li>• Tighten or adjust your mask and headgear.</li> <li>• If your mask has an inflatable cuff, pull the mask away from your face while CPAP is running, then reset the mask.</li> <li>• Arrange an appointment with Careica for a different mask size, accessory or type of mask.</li> </ul>
	YOUR EYES ARE IRRITATED	<ul style="list-style-type: none"> <li>• Air may be blowing into your eyes from a mask leak, adjust your mask and headgear.</li> <li>• An eye mask may be worn to shield your eyes.</li> </ul>
	YOU HAVE A RUNNY NOSE, OR SNEEZING OR BURNING SENSATION	<ul style="list-style-type: none"> <li>• Dry air may cause nasal irritation, so increase your humidity and change your filters.</li> <li>• Use a saline nasal spray (like Hydrasense®) or nasal irrigation.</li> <li>• Apply a nasal lubricant 2-3 times a day (e.g. Neilmed Nasogel®). Caution: Do not use Vaseline®.</li> <li>• Extra room or house humidification may help.</li> </ul>
	YOU HAVE A CONGESTED NOSE	<ul style="list-style-type: none"> <li>• CPAP air may cause nasal irritation, so increase your humidity.</li> <li>• Use a saline nasal spray or nasal irrigation to clear nasal passages.</li> <li>• If this is a temporary problem due to a cold try inhaling Vicks® dissolved in boiling water prior to using CPAP, or use a decongestant for a short time (5-7 days). Caution: Do not put Vicks® in the chamber of your CPAP humidifier.</li> </ul>
	YOU HAVE A DRY MOUTH	<ul style="list-style-type: none"> <li>• Increase your humidity. The humidifier heats and moistens the air and is designed to make the therapy more comfortable. You also may want to use heated tubing which optimizes the temperature and humidity.</li> <li>• Congestion may make your mouth fall open and cause dryness, treat the congestion.</li> <li>• Have drinking water available at bedside, and keep hydrated throughout the day.</li> <li>• Use an over-the-counter moisturizing product to moisten your mouth (like Xylimelts®).</li> </ul>



MASK SOLUTIONS	YOU ARE SLEEPY DURING THE DAY	<ul style="list-style-type: none"> <li>• Increase your sleep time on CPAP.</li> <li>• Arrange an appointment with Careica for a different mask size, accessory or type of mask.</li> </ul>
	YOU START SNORING	<ul style="list-style-type: none"> <li>• Treat any nasal congestion.</li> <li>• Arrange an appointment with Careica for a different mask size, accessory or type of mask.</li> <li>• Increase humidity to reduce dryness.</li> </ul>
	YOU HAVE SWELLING AROUND YOUR EYES	<ul style="list-style-type: none"> <li>• Loosen your mask and headgear.</li> <li>• Wear an eye mask to shield your eyes.</li> <li>• You may have a rare allergy to silicone or blocked tear ducts. Please consult your family doctor.</li> </ul>
	YOU UNKNOWINGLY REMOVE YOUR MASK AT NIGHT	<ul style="list-style-type: none"> <li>• Treat any nasal congestion.</li> <li>• It may just take time adjusting to CPAP and removing your mask should stop over time.</li> </ul>
	YOU HAVE PAIN OR PRESSURE IN YOUR NOSE, SINUSES OR EARS	<ul style="list-style-type: none"> <li>• Arrange an appointment with Careica for a different mask size, accessory or type of mask.</li> <li>• As you get more comfortable with CPAP, any ear pressure should subside.</li> <li>• You may have an infection or blockage. Please consult your family doctor.</li> </ul>
	YOU HAVE GAS OR STOMACH BLOATING	<ul style="list-style-type: none"> <li>• Increase your humidity.</li> <li>• Acid reflux (heart burn) may be a problem, raise the head of your bed 15 degrees or use 2 pillows.</li> </ul>
EQUIPMENT ISSUES	THERE IS CONDENSATION IN YOUR TUBING AND MASK	<ul style="list-style-type: none"> <li>• If you have a heated hose, immediately empty water from your tubing and increase the tube temperature.</li> <li>• If you have a non-heated hose, wrap the tubing with a lightweight cover.</li> <li>• Increase your bedroom temperature.</li> <li>• Place your tubing under your blankets.</li> <li>• Make sure your CPAP unit is not directly under an open window or ceiling fan that is in use.</li> <li>• Decrease the humidifier temperature.</li> </ul>
	THE AIR FLOW SEEMS TOO LOW	<ul style="list-style-type: none"> <li>• Check all of your equipment for leaks.</li> <li>• Clean the machine filter.</li> <li>• You may have adjusted to the pressure and don't notice it anymore. However; call Careica if you are uncomfortable or symptomatic.</li> <li>• The motor may be malfunctioning, call Careica .</li> </ul>
	THE AIR FLOW IS TOO COLD	<ul style="list-style-type: none"> <li>• Check if the humidifier heater is on - the metal heating plate should be warm.</li> <li>• Wrap the tubing with a lightweight cover.</li> <li>• Increase your bedroom temperature.</li> <li>• Place your tubing under your blankets.</li> <li>• Make sure your CPAP unit is not directly under an open window.</li> <li>• Fill the CPAP humidifier with warm water.</li> </ul>
	THE AIR FLOW IS TOO WARM	<ul style="list-style-type: none"> <li>• Make sure the air intake is not blocked.</li> <li>• Wash or replace your machine filter.</li> <li>• Your bedroom could be too warm, decrease your room temperature.</li> </ul>
	YOUR MACHINE IS TOO NOISY	<ul style="list-style-type: none"> <li>• Check your tubing, humidifier, mask and connections for leaks.</li> <li>• Place your machine on a towel, piece of carpet, or mouse pad.</li> <li>• Place your machine farther away, but do not use more than 12 ft. of tubing.</li> </ul>
	YOUR MACHINE DISPLAYS AN ERROR CODE	<ul style="list-style-type: none"> <li>• Should an Error Code be displayed in the window of your CPAP machine, please call Careica and bring your machine in.</li> </ul>



If any of these symptoms persist, please contact a Careica sleep team member for assistance.

**1-888-297-7889**

This publication is available in alternate formats upon request.

## CLEANING INSTRUCTIONS

Daily cleaning of your mask prevents the breakdown of the silicone seal on your mask. It also helps to prevent mask leaks, bacterial growth, and skin irritation.



### Daily Cleaning

- Wipe your mask seal and cushions with CPAP wipes or a warm, damp, soapy cloth.
- Rinse your humidifier chamber with water and let dry.

Check the water level in the humidifier chamber prior to sleep each night.  
**Use distilled water only.**

### Weekly Cleaning

- Wipe your machine with a clean, damp cloth.
- Wash your mask, headgear, tubing and water chamber in warm, soapy water. Use a small amount of mild dish detergent (non-antibacterial).  
*Note: Antibacterial soap can damage masks.*
- Rinse your equipment in clear water. Shake the excess water from the tubing and hang to dry. Towel dry your headgear and hang to finish drying. Air-dry all other equipment.
- Wash or change your filters as instructed by your Careica sleep clinician.

## CAUTIONS AND WARNINGS



### Do not transport your equipment with water in the humidifier

Your CPAP device contains sensitive electrical equipment that can be destroyed by water. Always empty your chamber completely before transporting your CPAP device.



### Smoke damages CPAP devices

Equipment can become damaged if it is used by a smoker or in a house where people smoke. This is NOT considered normal usage. With your auto-CPAP trial, you will be asked to sign an agreement that asks you to reimburse Careica for the cost of replacement or repair of any smoke-damaged equipment.

SLP-SS-06.02