



### **How does CPAP work?**

- CPAP treats sleep apnea by providing a gentle flow of positive pressure air through a mask to splint the airway open while a person sleeps. By using CPAP, a person's breathing becomes regular, snoring stops, and restful sleep is restored.

### **How long does it take to feel less sleepy after using CPAP?**

- It varies from person to person but can occur within 3 to 4 weeks after continuous use of CPAP. Continued improvement may be seen over several months.

### **Do I need to use CPAP every night?**

- CPAP should be used whenever you are asleep, including naps.

### **How can I get myself used to wearing CPAP?**

- To get used to wearing CPAP you can practice 20 to 30 minutes during the day while relaxing, watching television or listening to music.
- Most CPAP have a feature called ramp. When you use the ramp feature your CPAP pressure will start at lower setting and gently move up to your prescribe pressure over a set time.
- Set goals for yourself and progressively increase the number of hour's usage per night.

### **What if I travel?**

- Your CPAP equipment is portable and you should take it with you. Most machines can be used for either 110V or 220V outlets. If you are camping, special batteries may be used. Consult your local vendors for questions regarding batteries and voltage or Apria Home Health for patients with DME coverage.

### **What problems can I encounter while using CPAP?**

- Nasal congestion or nasal dryness
- Dryness of the mouth
- Mask air leaks
- Noisy machine
- Sore, dry, or red eyes
- Skin irritation from mask or straps
- Sensation of too much air in the chest
- Sensation of abdominal bloating, cramping or gas
- Persistent sleepiness despite regular use of CPAP
- Feeling claustrophobic with the mask
- Waking up having taken off the mask during sleep
- Pressure sore

🚩 These problems should be addressed with your treating physician and he/she will make suggestions.

### **Where can I get my CPAP?**

- First you need a sleep study. Then the Sleep Specialist or Provider will prescribe your CPAP, mask and hose. After receiving your prescription you can get your equipment on any of the following vendors (see list next page). If you have durable medical equipment coverage through Kaiser then your prescription will be forwarded to DME (Durable Medical Equipment) department and your equipment will be provided by Apria Healthcare through mail. If you have not received your equipments in 2 weeks, please call 408-361-2060 for San Jose DME or you local DME.

- This list is provided as a tool for you to use, we do not support one vendor over another. There may also be additional vendors in the area that we are unaware of. We recommend you shop around and choose the company that best suits your needs.

**Local CPAP Vendor List**  
Bay Area/ Northern California

<b><u>Santa Clara County</u></b>	<b><u>Phone Number</u></b>
Apria Home Health Care	408-383-4400
Brannon Medical	408-448-3000
Pulmonary Solutions	408-492-9504
Access Healthcare	888-313-8707
American Medical	408-559-5800
Pacific Pulmonary Services	408-954-1961
<b><u>San Mateo County</u></b>	<b><u>Phone Number</u></b>
Apria Home Health Care	800-540-8802
Pulmonary Solutions	650-871-2261
<b><u>San Francisco County</u></b>	<b><u>Phone Number</u></b>
Apria Home Health Care	800-273-9766
Pulmonary Solutions	408-530-9376 or 877-290-8636

**Alameda County** **Phone Number**

Apria Home Health Care (Hayward)	510-483-3500
Apria Home Health Care (Union City)	510-477-1230
Pulmonary Solutions	877-290-8636

**Marin County** **Phone Number**

Apria Home Health Care	800-540-8802
Pulmonary Solutions	877-290-8636

**Potential Internet Vendors:**

[www.cpap.com](http://www.cpap.com)

[www.cpapplus.com](http://www.cpapplus.com)

[www.cpapworld.com](http://www.cpapworld.com)

[www.cpapauctions.com](http://www.cpapauctions.com)

**How many times can I change my mask?**

- Most insurance will allow you to change or replace your mask every 3 to 6 months.
- For patients with DME coverage, Kaiser will replace your mask, hose, and filters every 3 to 6 months. To order please call DME at 408-361-2060 for San Jose.

**What if I have questions about my machine, who do I contact?**

- For patients with DME coverage, please contact Apria HealthCare. Otherwise, please contact your local vendor.

**What if I don't feel any better after using my CPAP regularly after a month?**

- Follow up with your Primary Care Physician. He may recommend an appointment to your facilities outpatient sleep department to troubleshoot any problems specific to CPAP usage.

