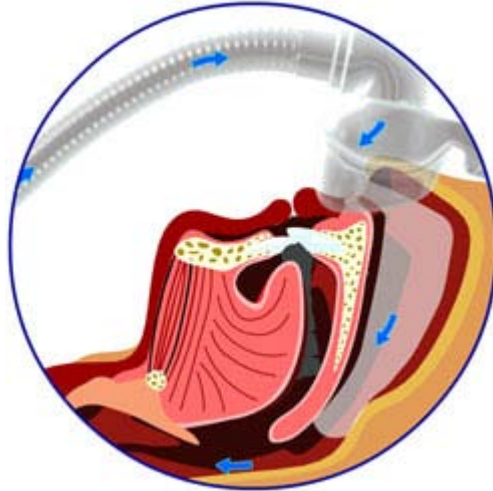


## How Does Continuous Positive Airway Pressure (CPAP) work?

- CPAP treats apnea by providing a gentle flow of positive pressure air through the mask to splint the airway open while a person sleeps. By using CPAP, 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 maybe seen over several months.

## Do I need to use CPAP every night?

- CPAP should be use 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 TV, or listening to music.
- Most CPAP have a comfort feature called ramp. When you use the ramp feature your CPAP pressure will start at a lower setting and gently move up to your prescribe pressure over time.



Ramp button

- 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 maybe use. 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 and 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?

- If you have Durable Medical Equipment (DME) coverage through Kaiser then your prescription will be forwarded to DME department. Your equipment will be provided by Apria Healthcare through mail.
  - **For DME benefit information contact Kaiser Permanente Member Services at 800-464-4000.**
  - **If you have not received your equipment in 2 weeks, please call Kaiser Permanente DME at 877-317-6230.**
- If you do not have DME coverage, you will need to obtain your PAP equipment through an outside vendor with a written prescription by the Sleep Specialist or your Primary Care Physician (PCP). We recommend you shop around and choose the company that best suits your needs.

### 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 reorder supplies please contact Apria HealthCare Service at Kaiser Permanente CPAP Refill line at [800-731-3408](tel:800-731-3408).

**What if I have questions or problems with my machine, who do I contact?**

- You will need to get a referral from your PCP to your local outpatient sleep apnea department.
- If you have DME coverage through Kaiser Permanente:
  - For broken machine or warranty questions contact DME at 877-317-6230.

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

- Follow up with your Primary Care Physician. He might refer you to the local outpatient sleep apnea department to troubleshoot any problems specific to PAP usage. Alternatively, your PCP may refer you to the inpatient Sleep Medicine Laboratory for further evaluation by a sleep specialist.