



Quick Reference Guide

for

MANAGING SLEEP APNEA & CPAP



At a Glance

Sleep apnea is a common, treatable condition. CPAP or BiPAP therapy keeps the airway open overnight, and most people adjust well with the right mask and a consistent routine.

Daily Priorities

- Wear the CPAP/BiPAP every night, including naps
- Clean the mask cushion and rinse the humidifier chamber
- Check the mask seal and headgear fit
- Log hours of use if the equipment tracks it

Watch For

- Dry mouth, nose, or throat in the morning
- Red marks or irritation where the mask sits
- Daytime sleepiness despite nightly use

Avoid

- Skipping nights, even the occasional "just one"
- Ozone or UV cleaning devices — unproven and can damage equipment
- Alcohol or sedatives close to bedtime

Call the Doctor If

- Mask leaks persist despite refitting
- Breathing pauses continue or seem to worsen
- Your loved one starts avoiding the machine altogether

Note** The information contained in this document is intended to support, and not replace, the advice given to you or your caregiver by your healthcare providers.



Questions for Your Doctor

for

MANAGING SLEEP APNEA & CPAP



Question	What type of sleep apnea do I have, and how severe is it?
Notes	
Question	Should I use a CPAP or a BiPAP machine?
Notes	
Question	Could any of my medications be making sleep apnea worse?
Notes	
Question	Which mask type would suit my breathing style and sleep position best?
Notes	
Question	Would weight loss or cutting back on alcohol help my apnea?
Notes	
Question	What symptoms mean I should call you between appointments?
Notes	
Question	How often should my pressure settings and equipment be reviewed?
Notes	
Question	Is there anything else that could improve how well I tolerate therapy?
Notes	