

PAP Treatment Tips

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What is OSA?

If you find out that you have been diagnosed with Obstructive Sleep Apnea (OSA) and are on Positive Airway Pressure therapy (PAP) you might experience some issues adjusting to this form of treatment. Committing to using PAP therapy every night leads to a better quality of life.

What is PAP Therapy?

Positive Airway Pressure (PAP) is the most common treatment for OSA. There are various forms of PAP therapy, but each form helps by keeping the airway open during sleep. This treatment provides a stream of air through a mask that you wear as you sleep.

How Much Should I Utilize PAP Therapy

PAP therapy is a complete lifestyle change. It is most effective when used every night, for the entire duration you are asleep. It is also best practice to use PAP when you take naps. A single night of not using PAP can negatively impact your blood pressure. The more you use this treatment, the less sleepy you are during the day. Once you begin treatment, it is crucial to speak with an expert at the MRH Sleep Clinic or your home equipment supplier if you have any questions or concerns. There are various solutions that you can try.



12 Tips to Help You Adapt to PAP Therapy

- 1: Use your PAP for short periods of time during the day during leisure activities.
- 2: Use PAP each night and for every nap you take. It should be a part of your nightly routine. Using PAP less often greatly reduces health benefits and makes adjustment more difficult. If you find it difficult to remember to use your PAP, try joining a support group or ask a loved one to hold you accountable for using it.

3: Help yourself grow more comfortable with PAP by making adjustments to your mask, tubing, straps and headgear until you get the perfect fit. If adjustments don't help, you might require a different mask or headgear. You can also try using a special pillow designed specifically for a PAP mask and/or hose.

4: If the pressure of your PAP feels too high, use the "ramp" mode on your unit so the air pressure increases gradually to the correct level. This setting will start your system at a lower pressure and increase it over time. The lower pressure will make it easier to fall asleep. If this doesn't fix the issue, talk to an expert at the MRH Sleep Clinic about the different types of PAP machines.

5: A common issue with PAP treatment is nasal congestion. Try using a saline nasal spray to alleviate mild symptoms.

6: If nasal/sinus congestion is more severe, it may help to use a nasal decongestant. Call your healthcare provider if problems persist.

7: Certain models of PAP therapy use heated humidifiers. They use chambers filled with water on a heat plate. These models make sure you are breathing warm, moist air if you have a dry mouth, throat, or nose.

8: If the tubing in your humidifier PAP fills with water, turn down the heat on the system and keep the PAP machine lower than your head.

9: If the sound of the PAP machine is bothersome to you while trying to sleep, place something soft under your PAP system to contain the sound.

10: Make sure to clean your mask, tubing and headgear once a week. If it helps you remember, add this to your schedule or day planner.

11. Ensure you are regularly checking and replacing the filters for your PAP system and humidifier.

12: Work with one of our providers at the MRH Sleep Clinic or your home equipment supplier to ensure you have the correct machine, mask, and air pressure settings for your specific needs.

You Are Part of a Team

It is important to realize that you are not alone in your PAP treatment. Your team consists of expert MRH Clinic providers and the company that provides and services your PAP machine. Contact us if you need help adjusting to your treatment. It can be difficult, but it is life changing.

