

How To Use Your Sleep Machine

Sleep Apnea

Sleep apnea is a common sleep disorder that stops your breathing while you sleep. Your windpipe narrows (collapses) during breathing, blocking air flow. Your lungs cannot take in oxygen or breathe out carbon dioxide.

Your brain responds to the falling oxygen levels by waking you enough to tighten the upper airway muscles and open your windpipe. You may snort or gasp and continue snoring. This can happen more than 100 times per hour each night.

As a result of this restless sleep (of which you may not even be aware) your physical and mental health can be affected, leading to daytime sleepiness.

Sleep Machine

Your health care provider has given you one of the following machines to treat your sleep apnea.

- CPAP (continuous positive airway pressure):**
This provides a constant flow of air to keep your windpipe open as you sleep.
- Bi-level:**
This provides two levels of air flow to keep your windpipe open as you sleep.



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Setting Up Your Machine

Your health care provider has set the pressure levels on your machine for you. To use your machine:

1. Plug the machine into an outlet near your bed.
2. Fill the humidifier chamber to the “max” line with distilled water.
3. Connect one end of the tubing to the mask and the other to the machine.
4. Put on the mask. Adjust the headgear as needed.
5. When you are ready to go to sleep, turn on the machine.
6. When you wake up, turn off the machine.

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Cleaning Your Machine

You need to keep the equipment clean to prevent getting health problems and to keep the machine working properly. It is important to do the following:

- **Every day:** Wipe mask cushion with a clean, damp cloth using warm, soapy water. Rinse and let air dry.
- **Every week:** Hand wash the humidifier chamber and tubing in warm, soapy water. Rinse and let air dry.

Do not use soaps with moisturizers or perfumes. Try using an unscented, mild soap or baby shampoo.

How to Order Supplies

You may need to replace supplies for your machine as they wear (mask, filters, humidifier chamber). Call 612-262-7700 or 1-888-599-0012 to place your order.

Insurance coverage for replacement supplies varies. Call your insurance provider to find out what is and is not covered under your plan.

Common Problems

- Make sure the system is plugged into an electrical outlet. If the outlet is on a switch, the switch needs to be on to power the outlet.
- If your mask is leaking air or your skin is irritated, adjust the headgear.
- If you have a dry or stuffy nose, make sure there is distilled water in the humidifier chamber.

If you are still having problems, call Allina Health Home Oxygen & Medical Equipment at 651-628-4800 or 1-800-737-4473.