

Troubleshooting Guide for Common CPAP/BiPAP/VPAP-related Problems

| Problem  | Solutions   |
|--|---|
| Nasal Congestion/ Dryness or Post Nasal drip after removing CPAP | <ul style="list-style-type: none"> <li>• Use nasal saline spray (Nasamist) or Nasogel nasal moisturizer before starting CPAP and/or each morning (see retail products in our store)</li> <li>• Increase heated PAP humidifier; generally to 2 in the summer and 4 in the winter</li> <li>• Insulate PAP tubing if too much mask condensation</li> <li>• Add an extra cool mist Humidifier in the bedroom</li> <li>• Use nasal corticosteroid spray (ie; Flonase, Nasonex)</li> <li>• Use Patanase, Astepro nasal spray, or (OTC Claritin/ Loratidine/Zyrtec) oral antihistamine</li> <li>• Use OTC 12-hr nasal decongestant (ie; Afrin, Dristan) no longer than 4 nights</li> </ul> |
| Unintentional removal of mask/pillows during sleep               | <ul style="list-style-type: none"> <li>• This is <b>very common</b> when starting CPAP in the first 3 months of therapy</li> <li>• Follow advice for nasal congestion/ dryness</li> <li>• Use room humidifier or increase PAP heater setting</li> <li>• Try chin strap (may be opening mouth during sleep)</li> </ul>   |
| Dry mouth/swallowing air   | <ul style="list-style-type: none"> <li>• Increase CPAP/BiPAP/VPAP heated humidifier</li> <li>• Try a chin strap, to keep mouth closed</li> <li>• Use Biotene mouthwash</li> </ul>   |
| Intolerance of interface (discomfort, nasal skin breakdown)      | <ul style="list-style-type: none"> <li>• Loosen mask slightly</li> <li>• Ensure mask or pillows are situated properly</li> <li>• Replace nasal mask or pillows every 6 months</li> <li>• Return to sleep center for resizing or changing mask</li> <li>• Use a barrier, such as moleskin or bandage, or Roezet ointment (for skin breakdown) for bridge of nose</li> </ul>  |
| Difficulty in tolerating pressure                                | <ul style="list-style-type: none"> <li>• Use CPAP/BiPAP/VPAP ramp feature</li> <li>• Have sleep center or vendor check blower for prescribed pressure</li> <li>• Follow advice for nasal congestion/ dryness</li> <li>• Use foam wedge, etc to elevate upper body to avoid lying flat</li> </ul>  |
| Difficulty falling asleep with CPAP                              | <ul style="list-style-type: none"> <li>• Wear CPAP mask while awake ie: watching TV (daily)</li> <li>• Follow sleep hygiene recommendations (handout)</li> <li>• Delay bedtime until very sleepy or 1 hour later than usual bedtime</li> <li>• Make sure you are using the ramp feature.</li> </ul>   |
| Air leaks in mask  | <ul style="list-style-type: none"> <li>• Ensure mask or pillows are situated properly</li> <li>• Return to sleep center to refit mask or nasal pillows</li> <li>• Replace mask at 6 month intervals</li> </ul>  |
| Claustrophobia with CPAP mask                                    | <ul style="list-style-type: none"> <li>• Wear PAP mask while awake ie: TV watching (daily)</li> <li>• Schedule a mask refitting with our sleep lab manager</li> </ul>   |

To refit nasal mask or pillows please contact us at (775)351-2600 to schedule an appointment with Joel, our Sleep Lab Manager. If you're still having problems, sleep clinic appointments are scheduled with a Nurse Practitioner, Cheryl Reed or Cynthia Repella.