

The Penn Sleep Centers

Adjusting to CPAP

- For most people, it takes some time to get used to sleeping with a CPAP machine. That's OK! Be patient with yourself. You may not be able to sleep with a CPAP machine for the entire night at first, but most people find that it gets easier over time. The best way to adjust to CPAP is to keep using it every single night. Continue to increase your time on CPAP until you are using it for the entire time you are asleep.
- Many people starting CPAP therapy find that they take their mask off in the middle of the night. This usually stops if you continue to put it back on when this happens.
- If you are having specific problems with your CPAP therapy, please contact the Penn Sleep Center (215.662.7772) to make an appointment with your sleep doctor or nurse. If you have been seen by a Penn Sleep physician, then you may want to attend CPAP Clinic for problems or questions related to your CPAP equipment.

888.SLEEPCT (888.753.3728)
PennMedicine.org/sleep



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800.789.PENN PennMedicine.org