

The Penn Sleep Centers

CPAP Troubleshooting (Page 1)

For most people, it takes some time to get used to sleeping with CPAP. That's ok! Think about it: using CPAP is a huge change in the way that you sleep. Be patient with yourself. You may not be able to sleep with CPAP for the entire night at first, but most people find that it gets easier over time. The best way to get used to CPAP is to keep using it every single night. Increase your time on CPAP each night until you are using it for the entire time you are asleep.

If you have a specific problem with CPAP therapy, try these solutions below. If you are still having trouble, please contact the [Penn Sleep Center \(215.662.7772\)](tel:215.662.7772) to schedule an appointment with your Sleep doctor or nurse.

Runny or stuffy nose	Add or increase humidification
Dry nose or throat	Add or increase humidification. If you are using a nasal or nasal pillow mask, you may be opening your mouth in your sleep. Contact your home care company for a chin strap, or consider switching to a full face mask.
Sore nose or nostrils	Add or increase humidification. If you are wearing a nasal pillow mask, make sure you are not wearing it too tight. Nasal pillow masks are meant to be worn so that the nasal inserts block your nostrils, not sit up inside of them.
Marks on face or skin breakdown	You may be pulling your mask too tight. Most masks are designed to be worn snug, but not tight. Apply antibiotic ointment to any areas of skin breakdown. If your mask leaks when not pulled tight, see tips for mask leaks below.
Mask leaks	Adjust the straps and headgear on your mask until you get a better fit. Make your final adjustments when you are lying down. If you have a full face mask and breathe through your mouth when you sleep, adjust your mask with your mouth open. If you have had your mask for a while, you may need a replacement mask and/or mask cushion. If your mask is new, call your home care company or come into CPAP Clinic for help. Make sure you clean your mask regularly and clean your face before putting your mask on.
Eye irritation	Your mask may be leaking into your eyes. See tips for fixing mask leaks above.



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CPAP Troubleshooting (Page 2)

<p>Water in mask or tubing and/or gurgling noises from CPAP unit</p>	<p>Water droplets can form in your CPAP mask/tubing if your humidifier level is too high, or as the warm, moist air inside of your CPAP tubing comes into contact with the cooler temperature of your bedroom. To keep water from forming in your mask/tubing, lower your humidifier setting, keep your tubing under your covers and/or insulate your CPAP tubing with a cover. Several companies sell tubing covers, but you can also make your own cover by cutting an old t-shirt and wrapping it around the length of the tubing.</p>
<p>Unable to fall asleep with CPAP</p>	<p>Begin using CPAP for brief periods of time during the day, while you watch TV or read. Gradually increase your nighttime CPAP use as you are able. You also may want to consider changing to a different type of mask.</p>
<p>Taking mask off in sleep</p>	<p>This is a common problem for people starting on CPAP. This usually stops if you continue to put your mask back on when this happens.</p>
<p>Waking up due to mask leaks</p>	<p>See above tips for fixing mask leaks.</p>
<p>Unable to fall back to sleep with CPAP on</p>	<p>Use your unit's ramp setting, so that the pressure starts low and increases slowly to the prescribed level.</p>
<p>CPAP unit is noisy</p>	<p>Most CPAP units today are very quiet. If your CPAP is noisy, first check for leaks in your mask or tubing. If you hear gurgling, see tips for decreasing water in mask/tubing above. If your unit continues to be noisy, call your home care company for help.</p>
<p>Error message on CPAP unit</p>	<p>If your CPAP display panel says, "High leak in last session," see tips for fixing mask leaks above. For all other error messages, call your home care company.</p>