

# The Penn Sleep Centers

## Follow-up Care

- It is very important to obtain the proper sleep apnea follow-up care to make sure that CPAP therapy is working well for you.
- You should always bring your CPAP smartcard and mask to all of your follow-up appointments.
- If you have seen a doctor at the Penn Sleep Center, then your first follow-up appointment will usually be with a Penn Sleep Center nurse or nurse practitioner. Please remember to bring your smartcard, mask and CPAP unit to this appointment, so that adjustments can be made, if needed.
- Your first follow-up office appointment should occur about one month after your initial CPAP set-up. If you do not have this appointment scheduled, please call the clinical office at 215.662.7772.
- **If you have seen a Penn Sleep Center physician, but have not received a CPAP unit, please call our clinical office at 215.662.7772.**
- The Penn Sleep Center has a daily, free, on-site CPAP Clinic for patients who have seen Penn Sleep Center doctors. CPAP Clinic is staffed by respiratory therapists and specialists who can:
  - Teach you how to use/clean your equipment
  - Help you with any equipment problems
  - Show you different styles of mask and equipment, or fit you for a new mask
  - Download your smartcardYou can obtain a CPAP Clinic schedule by calling 215.662.7772.
- If your own family doctor or specialist ordered your sleep study, then you will follow-up with him/her for all sleep care. If you would like a Penn Sleep Center physician to manage your sleep problem, please call 215.662.7772 to schedule an appointment at one of our Penn Sleep Center locations.
- Some insurance plans, including Medicare, now require that patients starting on PAP therapy (CPAP, Bilevel and ASV) have a follow-up appointment with their doctor or nurse within 30 to 90 days of starting PAP therapy. These rules also state that you must show (usually through smartcard data) that you have used your PAP unit 70 percent of nights, for at least four hours per night, during a consecutive 30-day period. Without proper documentation, some insurers may deny further PAP coverage, and you may be responsible for equipment costs.