

The Penn Sleep Centers

Starting CPAP Therapy

- A CPAP machine will be ordered by the doctor who has requested your sleep test. If you were seen by a Penn Sleep Center physician, then CPAP ordering and follow-up care will be arranged by the Penn Sleep Center. (Please see the “Follow-up Care” page.) If you were not seen by a Penn Sleep Center physician, then the doctor who ordered your sleep testing should review your results, prescribe a CPAP unit and arrange for follow-up care.
- Once your doctor has prescribed a CPAP device, you will be assigned to a home care company that will provide you with a CPAP mask and unit. Unless you have a preference, assignment to a home care company is generally done in rotation, but it also takes into consideration which company or companies accept your insurance plan.
- Your home care company will then submit a claim to your insurance company. Once your insurance carrier has approved coverage for CPAP therapy, you will receive a call from your home care company. They will arrange a time to deliver your CPAP unit and supplies. They will also teach you how to use and clean your equipment. Make sure to ask plenty of questions until you understand how to use and take care of your CPAP equipment.
- If you have been seen by a Penn Sleep Center physician, your CPAP set-up can be done at Penn Sleep Center CPAP Clinic (3624 Market Street; 2nd Floor) or at your home. At CPAP Clinic, there are many masks on display and available to try on. You may prefer to be set-up at CPAP Clinic so that you can try different masks before choosing the one you would like to use at home.
- Your CPAP unit will probably be about the size of a tissue box and produce a low level of noise. It should also come with a heated humidifier. Using the humidifier to add warm moisture to the forced air can make CPAP treatment more comfortable. You can adjust the level of humidification until you are most comfortable. You can prevent water condensation by covering the hose.
- Your CPAP unit should also have tracking technology like a smartcard. This tracking technology is important for your follow-up CPAP care. Card data can provide a lot of helpful information about how much you are using CPAP and how well it is working for you. Your sleep doctor or nurse can use this information to monitor your progress and give you feedback. When you receive your CPAP machine, be sure to have the company representative show you how to insert the smartcard into the CPAP machine.

