

Sleep Apnea: Having Trouble With CPAP?

When you have sleep apnea, a CPAP can help you sleep better, feel better, and avoid future health problems. Because many people have trouble using CPAP at first, follow this checklist to help make it more comfortable and easier to use.

Do:

Give it time. The first week or two are usually the hardest.

Do:

Be sure the mask, nasal mask, or nasal pillow fits well.

Do:

Talk to your technician about adjusting the pressure of your CPAP. This may reduce discomfort caused by too much pressure in your nose.

Do:

Set the machine to deliver warmer air with more moisture. Or try using a humidifier. This can help keep your nose or mouth from dryness.

Do:

Ask your doctor if you can try a decongestant medicine or a steroid nasal spray to help with a runny or stuffy nose.

Do:

Try petroleum-free moisturizers, CPAP mask liners or pads, or barrier creams or gels.

Do not:

Stop wearing your CPAP. If your doctor has told you to use CPAP, it is very important to keep using it. So if you continue to have problems talk to your doctor.

Follow this checklist to help you wear your CPAP. You'll wake up feeling better and more rested with more energy during the day.