



Sleep SMART Mask Selection and Acclimatization Guidance

Our goal is to make Sleep SMART participants' first experience with aCPAP a positive one. To accomplish this, we have set out steps below to introduce the mask and CPAP in a gradual manner. We also recommend using a relaxation technique, abdominal breathing, coupled with each step. If the participant is not able to perform abdominal breathing, or does not wish to, please follow the same steps below only with regular breathing. Please try to perform the following steps during the day, rather than at night when the participant may be eager to get to sleep.

Before you get started, you should explain the process to the participant. Here is an example of an explanation to give you a sense of the type of information you should provide. (This is not intended to be a script, but rather an illustration of the material you'll want to cover.)

“Now we’re going to introduce you to CPAP to treat your sleep apnea. We are going to do it slowly to allow you to ease into the treatment. People often do best with a gradual introduction. First, I’m going to teach you some valuable breathing techniques that are designed to make you feel calm in any situation. This is a tool that can serve you well in other aspects of your life, but today we’ll use it to calm any anxieties you might be feeling right now. As we do this, try to concentrate on calmness; the breathing technique will help. Then, we’ll slowly introduce you to CPAP while you’re awake. This will take a little time, but the time is worth it. Once we finish, you’ll find that CPAP is not new anymore and you’ll understand how to control your breathing as needed. And remember, this will all be done while you are awake, so that sleeping with CPAP should be a lot easier.”

Step 1: Teach abdominal breathing	<ul style="list-style-type: none">● Explain the purpose of learning abdominal breathing to participant. Feeling a little anxious when trying a mask for the first time is common. This relaxation technique can help prevent this.● While lying on bed, participant places one hand on abdomen and one on chest.● Instruct participant to breathe in slowly (generally in the 4-5 second range), through nose letting air in deeply, towards his/her belly.● The hand on chest should remain still; the hand on belly should rise.● Have participant exhale slowly (generally in the 5-7 second range). The belly hand should move down to its original position. Wait about 1-2 seconds before taking another breath.● Practice for about 1 minute.● Assure that the participant has made progress isolating breathing to the belly before moving to the next step.
Step 2: Show masks	<ul style="list-style-type: none">● Show all three mask types in the packaging to participant● Mention that nasal or nasal cushion (cradle) is most standard
Step 3: Participant selects mask	<ul style="list-style-type: none">● Participant selects the mask he/she thinks might work best● If no preference, select nasal/nasal cushion (cradle)
Step 4:	<ul style="list-style-type: none">● Fit and adjust the selected unconnected mask

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<p>Try the mask</p>	<ul style="list-style-type: none"> • While wearing unconnected mask, have participant perform abdominal breathing for at least 1 minute*
<p>Step 5: Practice breathing with CPAP on, using auto start or turning device on</p>	<ul style="list-style-type: none"> • Connect tubing to the mask and CPAP. When participant breathes, the autostart should turn device on. • With mask on face and tubing connected, have participant perform abdominal breathing for at least 1 minute* • Remind that the best way to adjust to their CPAP and to feel more confident using it is to practice. • Have participant continue to use the aCPAP for 15-20 minutes • Troubleshoot any mask issues. Replace mask with alternative if necessary.
<p>Step 6: Check mask fit using CPAP machine algorithm</p>	<ul style="list-style-type: none"> • Advise participant that the machine will use a higher pressure to assure that too much air doesn't escape the mask. Mask leak can be irritating and can reduce the effectiveness and comfort of CPAP. • Use mask fit setting on device • Adjust mask as needed to reduce leak (green smiley face or check mark) • Select alternative mask if good fit cannot be achieved
<p>Step 7: Help the participant practice placing and removing the mask until competency reached</p>	<ul style="list-style-type: none"> • The RT, sleep tech, or coordinator should help the participant practice placing and removing the mask over and over again, until the participant achieves competency. This should help the participant feel more confident using CPAP.
<p>Step 8: Allow the participant an opportunity to explore the mask on his/her own</p>	<ul style="list-style-type: none"> • Encourage the participant to work with the mask on his/her own.

*One minute time durations represent minimums. The participant should complete each step at his/her own pace, until the participant feels comfortable with each step.



The American Academy of Sleep Medicine and the American Thoracic Society **recommend selection of nasal/nasal cushion (cradle)** before a full face mask.

Common disadvantages of full face mask compared to nasal:

- Worse adherence
- Higher CPAP pressure
- Higher residual AHI

Notes:

1. All Sleep SMART participants who undergo a CPAP run-in night have already had central sleep apnea excluded based on the Nox T3 sleep apnea test.
2. Do not ask subjects if they mouth-breathe at night as the basis for a full face mask. Even patients who believe they breathe through the mouth at night may well adapt to CPAP by breathing through the nose during sleep, unless they have a problem with nasal obstruction.