# WELCOME TO A GOOD NIGHT'S SLEEP!

As a participant in Sleep SMART, you have tested positive for Obstructive Sleep Apnea and are now enrolled in CPAP Care Management provided by FusionHealth. Continuous Positive Airway Pressure therapy, or CPAP, uses a flow of air through your nose, mouth, or both to create enough pressure in the back of your throat to keep your airway open while you sleep.

To maximize the potential for health benefits from this therapy, you should use CPAP every time you sleep. The more you use CPAP, the better chance it has to improve your health, your mood and your everyday performance.

Getting used to CPAP therapy is like making any other adjustment in your life. The best advice is to just keep at it until it becomes a routine part of your day. Below is a simplified diagram and list of instructions on how to set up your CPAP for use:
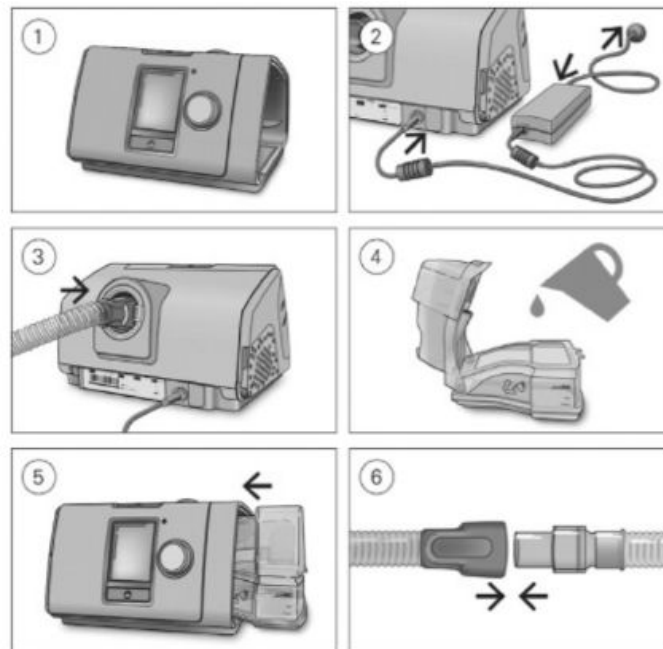
1. Place the CPAP device on stable level surface.

2. Plug the power connector into the rear of the CPAP device. Connect one end of the power cord into the power supply unit and the other end into the power outlet.

3. Connect the air tubing firmly to the air outlet on the rear of the CPAP device.

4. Open the water tub and fill it with distilled water up to the maximum water level mark.
    Do not overfill the tub as it can spill over into the CPAP device, and never use hot water.

5. Close the water tub and insert it into the side of the device.

6. Connect the free end of the air tubing firmly onto the assembled mask.
    See the Mask User Guide for detailed information on how to apply the mask & headgear.

To Use CPAP:

To turn on your CPAP, press the Start/Stop button or simply place the mask on your face and begin to breathe. The green light indicates the device is off, and the blue light indicates it is on. To stop the treatment at any time, press the Start/Stop and remove the mask, or simply remove the mask and the machine will shut off automatically after a few moments.

Cleaning Instructions

Time Table	Mask	Tubing	Water Basin
After Each Use	Soap[1] or vinegar[2] & water solution *then* rinse[3] & dry	Rinse[3] & hang to dry with open ends pointing downward	Rinse[3] with warm water & dry
After Each Week	Separate silicone seal from mask & wash as above	Separate from mask & rinse with soap and water, or vinegar & water solution, then rinse and dry	Fill with vinegar[2] & water solution, let stand for at least 30 minutes, *then* rinse[3] & dry

[1] Use only pure soaps (eg: Ivory, or baby shampoo) without scents, moisturizers or antibacterial agents

[2] Use only white vinegar in a 50:50 solution with water

[3] Rinse with warm water until soap or vinegar odor is eliminated; do not dry in direct sunlight

An alternative for cleaning your mask after each use, is to utilize a *CPAP mask wipe* (available from multiple online shopping sites), or a wipe with a 50:50 vinegar/water solution, and then rinse with clean warm water.

Handy Tips:

- **Make it easy** to remember to clean your equipment after each use - wash them in the same place in your bathroom when you wake up (you can even clean them in the shower).
- **After the mask system is clean**, hang it by the headgear from the towel bar if you're at home or put it by your device on a towel if you're away from home.
- **Take everything apart** and clean it more thoroughly once a week - use a Q-tip for those hard to reach places.
- **Do not use solutions** containing bleach, chlorine, alcohol, aromatics, moisturizers, antibacterial agents or scented oils to clean any of the equipment. These solutions may cause damage and reduce the life of your equipment.
- **Do not expose any components to direct sunlight** as it may deteriorate your equipment.
- **If any visible deterioration is apparent** (roughness, cracking, tears, etc), replace that component as soon as possible.

Remember, the Sleep SMART Care Team is here for you. If you are having an issue with your CPAP therapy, don't keep it to yourself. We can answer questions about any part of your CPAP device, mask, tubing or headgear. We have many ways to personalize your care to help you get comfortable. If you, your family or medical team has any questions or concerns, please give us a call. Together, we can help you get the rest you need.

Sleep SMART Care Team
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