

Your Sleep Coach is Waiting to Help

Welcome to Sleep SMART!

As you begin CPAP therapy, we want to highlight some important information.

Getting comfortable with CPAP therapy (called Acclimation) can take between two weeks to a few months. Everyone is different, but the key to success is wearing the mask every night and working up to a full night's sleep.

Challenges that some people can experience in the first weeks of treatment can include:

- Nasal congestion
- Air leaking from the mask
- Waking up frequently
- Dry nose or mouth
- Adjusting to the sensation of a mask on your face

Be sure to tell us what you are experiencing as soon as possible. The Sleep SMART Sleep Coaches have many solutions that have helped thousands of people, and can sometimes make a dramatic difference in your comfort.

Some actions on your part can ensure successful treatment:

- **Keep the CPAP device plugged in, 24/7.** This allows your treatment data to upload to our system.
- **Use distilled water*** (which is different from bottled water) in the water chamber.
*Although distilled water is recommended, use of tap water or bottled water does not pose a risk to you or your machine, and can be used when necessary. It may however require more rigorous, daily humidifier tub cleaning to remove mineral deposits that can appear even after just one night of use. Bottled water is preferable to straight tap water.
- **Clean the part of the mask that rests on your face *daily*** with either ivory bar soap or any brand of baby shampoo. Don't use antibacterial products on the soft material of your mask.
- **Clean your tubing and water tank weekly** with a mixture of equal parts water and white vinegar. Hang your tubing (open ends downward) to dry.
- **Pour unused distilled water out of the humidifier chamber** each morning, and each evening refill it only with fresh distilled water.
- **Your CPAP supplies are provided at no cost to you.** The Sleep SMART Sleep Coach will reach out to you every 3 months when these are due.
- **Change your CPAP machine filter monthly.**
- **Information about how much you used the machine, and how it worked for you,** can be found directly on your device each morning in the Sleep Report. Ask your Sleep Coach for details about tracking your usage.
- Call 470-655-6688 to reach your sleep coach (M-F 8 am – 7 pm eastern). We encourage you to program this number into your phone contacts.

Sleep SMART Sleep Coaches 470-655-6688