Instructions for Care Following Your Visit

**TO IMPROVE THE ABILITY TO SLEEP WELL:**

- ✔ Sleep as long as necessary to feel rested (usually 7-8 hours for adults) and then get out of bed.
- ✔ Maintain a regular sleep schedule, particularly a regular wake-up time in the morning.
- ✔ Try not to force sleep.
- ✔ Avoid caffeinated beverages after lunch.
- ✔ Avoid alcohol near bedtime (e.g. late afternoon and evening).
- ✔ Avoid smoking or other nicotine intake, particularly during the evening.
- ✔ Adjust the bedroom environment as needed to decrease stimuli (e.g. reduce ambient light, turn off the television or radio).
- ✔ Avoid prolonged use of light-emitting screens (laptops, tablets, smart phones, e-books) at least half hour before bedtime.
- ✔ Resolve concerns or worries before bedtime (write them down to help dismiss them).
- ✔ Exercise regularly for at least 20 minutes, preferably more than 5-6 hours prior to bedtime.
- ✔ Avoid daytime naps, especially if they are longer than 20-30 minutes or occur late in the day

**FOR THOSE WITH CPAP:**

Aim for 8hrs sleep on CPAP every night (Compliance marked as a minimum of 7 out of 10 nights with at least 4 hrs each night)

**CLEANING PROCEDURES**

**Mask:** Hand wash every day with warm, soapy water using a mild dish soap (Dove, Ivory, Dawn, etc.) Do not use soap products with fruit, floral, bleach, or Oxyclean. Rinse and air dry.

- ✔ Replace cushion
- ✔ Replace mask frame every three months

**Headgear:** Hand wash every week with warm, soapy water using a mild dish soap (see above). Do not put in the dryer.

- ✔ Replace every six months
Instructions for Care Following Your Visit

Filters: Respironics – Black/Dark blue sponge filter needs to be hand washed every week.

✔ Replace black/dark blue sponge filter every 6 months
✔ White pollen/light blue (HEPA) filter needs to be checked every week and replaced when discolored
✔ White pollen/light blue (HEPA) filter can be replaced monthly
✔ White pollen/light blue (HEPA) filter are used when patients have allergies to dust, pollen, and animal dander

ResMed - Replace filter every month

HUMIDIFIER
Clean humidifier daily in the top rack of dishwasher or with two parts water and one part white vinegar.

✔ Only distilled water should be used in the humidifier

TUBING
Wash tubing with warm soapy water every day and hang to dry.

✔ Replace tubing every 3 months.
✔ Replacement supplies are based on Medicare guidelines. Most insurance companies follow.

MEDICARE GUIDELINES.
Avoid driving drowsy. Pull over for a quick nap as needed to improve alertness.