



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

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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.

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