

Equipment Care

Weekly Cleaning

Wash your mask, tubing, headgear, and water tank weekly to keep them clean. Wash your filters every two weeks for best results.



Mask

Hand wash your mask in warm water with a mild liquid dishwashing detergent. Rinse thoroughly. Air dry completely before use. Do not use cleaning solutions that contain bleach, alcohol, conditioners, or moisturizers.



Water Tank

Empty and clean the water tank weekly to prevent mold and bacteria growth. Use a solution of warm water and a mild liquid dishwashing detergent. Gently wash the tank and rinse it with clean water. Wipe the parts on the top and bottom. Allow them to air dry. If you'd prefer, you can wash the tank weekly in the dishwasher (top shelf only) with a mild liquid dishwashing detergent.



Headgear

Hand wash your headgear in warm water with mild dishwashing detergent. Rinse thoroughly and lay the headgear flat or line dry. Do not place the headgear in the dryer.



Tubing

Disconnect tubing from the humidifier. Gently wash the tubing in a solution of warm water and a mild dishwashing detergent. Rinse thoroughly and air dry. Make sure tubing is dry before use.



Filters

Clean foam filter every two weeks and replace it every six months. To clean it, wash in warm water with mild liquid dishwashing detergent and rinse thoroughly. Air dry completely. If you have a white filter instead of a black filter, it is disposable and can be replaced every 2 weeks.

Equipment Maintenance

Visit viemed.com/sleep to order new materials.

Supply schedule allowed by most insurance plans.



Nasal cushions, nasal pillows, and disposable filters



Full face cushion



Full face mask, nasal mask, and tubing (standard or heated)



Headgear and chin straps, humidifier water chamber, and non-disposable filters

Hi, there!

Learn how to get the most from your healthcare journey.

866-852-8343
625 E. Kaliste Saloom Rd.
Lafayette, LA 70508

viemed.com/sleep

Rev. August 2022



Welcome

Now that you've set up your machine, it's time to integrate it into comfortable everyday use. This will take a little getting used to but will greatly help your journey to better sleep and overall quality of life.

Starting tonight, begin to ease into a habit of regular usage. This is the best way to get the most out of your therapy and keep you on track to better sleep.

We're here for you.



After your machine is set up, you will get a call from your sleep coach to make sure you are getting acquainted with your therapy routine and assist you with any questions.



Over the next few months, your sleep coach will contact you every few weeks to ensure you are adhering to your therapy plan and address any questions or concerns.



If you have an urgent issue, please call our Sleep Coaching Center. If after hours, one of our sleep coaches will call you the next business day.

Sleep Coaching Center

1-844-475-7277
Monday - Friday
8am - 5pm CDT

Solving for Common Comfort Issues

Air leaking from your mask

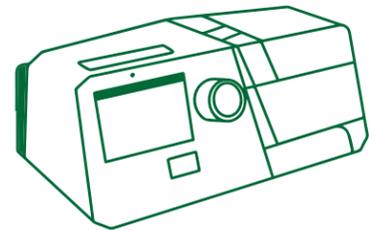
It is normal for a mask to leak near the connection of the tubing. However, if you are experiencing a leak near your eyes or mouth, there are a few ways to fix this:



- Gently pull the mask away from your face. Adjust your mask allowing it to reseal properly.
- Check that all connections are fastened on your mask and machine.
- Readjust your headgear straps. The mask should create a seal on your face without being too tight, which may cause leaks by creating folds in the mask.
- If your mask has a forehead adjuster, try readjusting it.
- If this problem continues, try using a different mask size or shape.

It feels hard to breathe out

If you are having trouble using your machine to breathe in and out at night, these tips can help you achieve better comfort while using your machine.



Use your ramp feature.

The ramp feature reduces the air pressure flowing to your mask when falling asleep and gradually increases the pressure until your prescription setting is reached. This will allow you to fall asleep more comfortably. After turning on your airflow, press the ramp button on your device. You can use this ramp button as often as you like during the night.



Use your device during the day.

You can use your device for at least 20 minutes at any point during your day. This helps your body get used to the air pressure in your mask. You can do this while watching TV or relaxing in another way.

Therapy Tips

Make your PAP device part of your bedtime routine.

Use your PAP device every night and for every nap. Using your PAP less often reduces its health benefits and makes it more difficult for your body to adjust to therapy.

Small adjustments can increase your comfort level.

Adjust your mask straps and headgear until you get the fit right. You also can try using a special bed pillow shaped for a PAP mask and tubing.

Make sure your mask is a good fit. The most common problem with PAP therapy occurs when the mask does not fit properly.

If the mask is too big, the straps holding it to your face will need to be pulled more tightly. This may irritate your skin or lead to sores as the straps rub against your face. A mask that is too small will not seal properly and air will leak out through the edges. The air may blow into your eyes. If you are having either of these problems, you may need a different mask or headgear.

Use/adjust your humidifier if you have a dry mouth, throat, or nose.

All PAP devices have a heated humidifier. This ensures that you are breathing warm, moist air in through your mask. If you are having issues and do not know how to use or adjust your settings, please reach out to your sleep coach.

Schedule a regular time to clean your equipment.

Clean your mask, tubing, and headgear once a week. Put this time in your schedule so that you easily remember.

Sleep Coaching Center

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