

Troubleshooting

Mask Fit Problems and Leaks

Adjust the Mask

1. Try reseating the mask rather than just tightening the straps.
2. Make sure you have a clean, dry face when putting your mask on. Likewise, clean and dry the mask after each use.
3. Make sure you've got a cushion that's in good shape. An old cushion might not be as pliable as a new cushion, and the sealing characteristics of older cushions can be substantially inferior compared to those of a new cushion.

Keep Your Mouth Closed If you're using a nasal mask, you'll need to make sure your mouth is closed during therapy. If your mouth is open when you're using a nasal mask, then the air simply rushes into your nose and flows right back out your mouth. You can try to keep your mouth closed with a chin strap. The chin strap can be worn permanently, or it can be worn as a training aid. Yes, you can actually teach yourself to sleep with your mouth closed! If you can't keep your mouth closed, then you need to switch to a full face mask.

Can't tolerate Pressure

1. Use your ramp if it is available.
2. Talk to the **prescribing doctor** about lowering the pressure to see if you can still get effective therapy with less pressure. You're not getting quality sleep now, so lowering the pressure can hardly hurt especially if there's a potential upside to doing it.

Bloated, swallowing too much air

The main cause of stomach bloating is **swallowing the air** when you sleep. This happens in the early days of CPAP therapy, but it should go away in time.

1. Try eating light suppers and don't eat for several hours before bedtime
2. A chin strap may be helpful-If you sleep with your mouth open and excess of air gets into your mouth, there is a tendency to swallow it
3. To help keeping the CPAP air out of the mouth, you might want to learn to sleep with your tongue touching the roof of your mouth and behind of your front teeth. This is helpful for every CPAP user.

Dry mouth, Dry stuffy nose

1. Turn up your humidifier.
2. Use a nasal wash or saline spray.
3. If you breathe through your mouth at night or sleep with your mouth open, some CPAP devices may worsen dry mouth. A chin strap may help keep your mouth closed and reduce the air leak if you wear a nasal mask. A full-face-mask-style device that covers your mouth and nose also may work well for you.

WHEN IN DOUBT..... CALL YOUR PHYSICIAN