



Texas Sleep

Diagnostics and Therapeutics, PLLC

Desensitization for CPAP

This log can help you get used to CPAP when you are feeling anxious/claustrophobic with your CPAP/ Bi-PAP mask. We want to try to gradually get to where we are able to wear our mask so we can obtain the positive effects of CPAP.

1. First we want to make sure we have the right mask for you. One that fits you correctly and one that you think you will be comfortable in.
2. Wear your mask while you relax and watch TV initially to help you get used to wearing. Start with 10- 20-30 min and gradually increase to where you are able to keep the mask on for 3-4 hours.
 - Gradually increase the amount of time you wear the mask while watching TV/ reading or working on computer.
 - Once you are able to do this while relaxing, move machine into bedroom and try reading with the mask on for a while.
 - Once you are able to keep the mask on for 3-4 hours while awake, try to sleep with the mask on.
3. If the pressures seem high make sure that the ramp is turned on so that the pressures will gradually increase over time. We can slowly titrate the pressures up to the therapeutic level so that it is better tolerated. Often times we will need to lower the pressures initially and then gradually increase as tolerability increases.
4. If after a few weeks of really trying to wear the mask, we are still unable to tolerate the mask/ CPAP pressure; due to feeling claustrophobic or anxious then we can consider a low dose anxiety medication or sleep medication. Trying some relaxation techniques like deep breathing can also help with anxiety and help to get used to the mask as well.
5. If you are having insomnia, often times working on sleep hygiene will help you get to sleep.
 - Limiting your daily caffeine, nothing after 2pm if you are a slow metabolizer of caffeine.
 - No napping during the day, setting a set bedtime and wake up time daily even on weekends and holidays.
 - You need to be awake at least 12 hours a day.
 - Limiting screen time ie TV, phone, tablets, computers prior to bed. If you need to do computer work prior to bed set the screen to low light as the brightness will tell brain chemicals to wake up not get ready for sleep, best to turn off 30 min before bed.
 - Regular exercise is also important for sleep but not within 2 hours of sleep unless some light stretching or yoga.
 - Avoid heavy meals at least 2 hours before bed.
 - Avoid alcohol before bed as this can disrupt sleep.
6. Sleep medications want to be used sparingly. Often times working on relaxation and improving our environment for sleep will improve your sleep.
 - Melatonin 5-10 mg is a natural supplement that can help to induce sleep and maintain sleep. Our brains make melatonin at night and are needed to maintain sleep.
 - Ambien (Zolpidem) 5-10 mg is a hypnotic that will help with the initiation of sleep
 - Lunesta (Eszopiclone) - 1-3 mg used to initiate and maintain sleep
 - Trazadone- 50 mg - Helps with the initiation and maintenance of sleep

Fill out chart to help us to understand any problems you may be having with your CPAP

Day/Date	Mask on time	Mask off time	Total time on mask	Reason for mask to come off <i>(leak, rubbing, uncomfortable, pressure, dry mouth)</i>	Insomnia/ anxiety/ claustrophobia/other problems
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