

# KEYS TO SUCCESS WITH PAP

## Congratulations on taking steps to improve your health.

Starting PAP (Positive Airway Pressure) can feel like a good step but also may seem daunting. Here are some helpful tips to improve your success.

### Set your treatment goal

Everyone has different reasons for starting PAP. What are some things that are motivating you to start using PAP? For example, do you think PAP might improve your health, your wellbeing, or your relationships?

#### List your reasons why you are using PAP:

### Reasons for using PAP

#### I use my PAP because...

*Example: I want to have more energy for my children*

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### Ensure proper mask fit each night

- **Bothered by air leaking from the mask?**  
Tighten the straps.
- **Is the mask hurting your face?** Loosen the straps.
- **Are you waking up with a dry, stuffy nose or a dry mouth?** Turn up the humidifier.

### Patience

It is normal to take a few months to get used to PAP. Do not feel discouraged if you need time or help from your doctor or therapist to adjust to PAP.

### Consistency

The more you use PAP, the better you should feel. Your goal is to use your PAP device all night, every night. It may take time before you meet this goal.

### Practice

- **Master the on and off:** Practice putting your mask on and off to troubleshoot any mask discomfort.
- **Get used to it:** Wear your mask for 10-15 minutes during the day or before you try to fall asleep. This will help you get used to wearing your mask. Try watching TV or listening to a podcast to distract from your breathing.
- **Practice disconnecting your mask from the tube.**  
Some people find that if they need to go to the restroom during the night, it is easier to keep wearing the mask rather than taking it on and off.
- **Take a “PAP nap”:** Use your PAP during a short nap. These PAP naps will help your body adjust and get used to sleeping with PAP for longer stretches.

### Ask for help

- Contact your doctor or home care company if you feel discomfort when using your mask. PAP should not be painful.
- Taking early action to fix these issues can make a big difference.