

GETTING STARTED WITH PAP

As with any new habit, it can be hard to know where to start. Here are a few resources to help.

Set-up checklist

During your meeting with the home care company or durable medical equipment (DME) supplier, do the following:

- Ask to try different masks. Pick the style and size that is most comfortable and feels right for you.
- Practice taking the mask on and off by yourself.
- Learn how to turn your PAP device on and off.
- Learn how to adjust the humidification level.
- Ask about how to view information from your device.



YOUR SLEEP APNEA TEAM

Your health care provider:

Name: _____

Phone: _____

Your DME company:

Name: _____

Address: _____

Phone: _____

Need more tips?

See our pages [Keys to Success](#) and [PAP Troubleshooting](#)

"Living with Sleep Apnea"
<https://www.apneapartners.org/living-with-sleep-apnea>