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CPAP TIPS

1. Ramp feature on the machine is a comfort feature to help tolerate the pressure better, adjust it to fall asleep easily.
2. Humidifier is a comfort feature to help with dry mouth and nose. It can be adjusted as needed based on weather and your room humidity.
3. Use only distilled water with the humidifier.
4. If you are not using the humidifier, turn the setting to zero.
5. Tube temperature is a comfort feature which can be adjusted as needed and it prevents water condensation in the hose.
6. If you have mask fitting problems, call your CPAP supplier for help.
7. Read and follow the cleaning recommendations properly.
8. Initial few weeks are adjustment time. Consistency is Key, use the machine everyday as much as you can.