

Important Information to Remember

My Mask

My Machine

To Order Supplies*
Contact Sleep Solutions
via phone or email

866.441.0873 Option 1

sleepsolutions@upstatehomecare.com

Items You Will Need To Reorder:

*Frequencies of reorder will depend on your insurance.
(i.e., monthly, three months, six months)

- » Mask
- » Headgear
- » Hoses
- » Air Filters
- » Cushion/Pillows
- » Chamber

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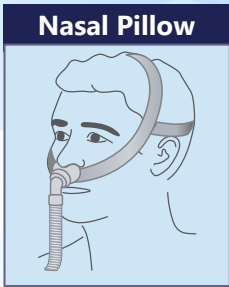


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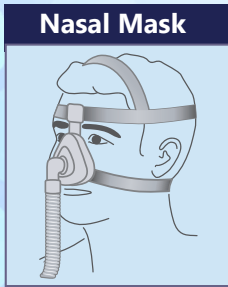


Reference Guide
For a Peaceful
Night's Sleep

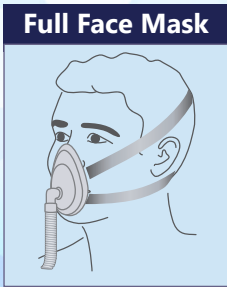
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Nasal Pillow



Nasal Mask



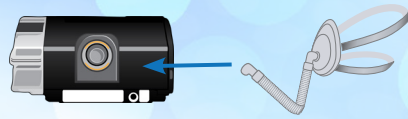
Full Face Mask

How To Set Up Your Machine

Place your machine on a clean surface, never on the floor, level with your head and at least a foot away from all obstructions.

How to Connect Hoses

1. Attach one end of the hose to the machine.
2. Attach the other end of the hose to your mask.



How To Fill Humidifier

1. Remove humidifier chamber from machine.
2. Fill chamber with Distilled Water ONLY.
3. Do NOT fill beyond the indicated max fill line.

Note: Do not fill chamber while it is attached to machine as it can result in spilling water on the heating plate.

How To Put On Your Mask

1. Position mask comfortably on your freshly washed face.
2. Fasten headgear snug to your head. Note that if headgear is too loose, or too tight, you may experience leakage and/or skin irritation.
3. Turn on your PAP machine. Be sure to maintain normal breathing patterns.

Note: It is normal to exhale against resistance.

Maintaining Equipment

Mask/Nasal Pillows/Swivel Connector - Clean mask daily with mild soap and water. Rinse the mask and then air dry.

Headgear/Chin Strap - Hand wash in soapy water, rinse and air dry.

Reusable Filters - Rinse with water weekly, allow to air dry before placing in the unit. Disposable filters - replace monthly or as needed.

Troubleshooting Common Problems

Low Pressure/No Airflow

- » Ensure PAP machine is on - check screen for pressure setting.
- » Ensure hose is properly connected to machine and mask, and that there are no holes in the hose.
- » Check for water in the hose. If you find any water in the hose, empty and let air dry.
- » Clean or replace your air filters.

No Power

Power your machine on to ensure device is plugged in and outlet is working properly. If device does not power on:

- » Try another outlet.
- » Tighten connections from power source to back of machine.

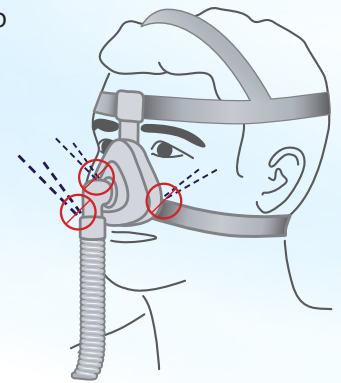
Hot Air

If the air coming through your mask is unusually hot:

- » Clean or replace your air filter.
- » Make sure your vents are unobstructed.
- » Adjust humidification/climate control.

Mask Leaking

- » Air leaks may cause sore, dry or swollen eyes so it is important to reduce leaks.
- » Your mask may shift during sleep and create small leaks, this is normal. Minimal leaks will not affect the benefits of PAP therapy.
- » While lying on your back with the machine on, try re-positioning the mask to close the leaks.
- » Keep the strap of your headgear as loose as possible while still creating a seal.
- » **Do not over-tighten headgear.**



If problems persist after taking the steps listed above, call Upstate HomeCare at 866.441.0873.

Tubing - Clean tubing weekly with soapy water. Rinse the tubing and then air dry.

Humidifier (Cool/Warm) - Clean humidifier weekly with soapy water, rinse well and air dry. (Monthly - soak 20 minutes in vinegar/water solution)

Blower Unit - Clean unit with a damp cloth, mild soap and water.