



CPAP Troubleshooting

| <u>Problem</u> | <u>Solution</u> |
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| Dry Eyes | Air leak around the eyes. Straps need to be adjusted- too loose/tight |
| Too much air flow | Use ramp adjustment option |
| Front of mask leaking | Exhalation port on front of mask- DO NOT COVER |
| Sore bridge of nose | Straps too tight or adjust forehead pad to tilt mask away from nose |
| Water in tubing | Turn down heater setting on humidifier |
| Dry mouth or nose | Turn up heater setting on humidifier or use a water-based lubricant (i.e. K Y Jelly) |
| Mouth keeps dropping open | Use chin strap or change to a full face mask |
| Irritated skin | Clean mask with Dreft or only vinegar (no soap) |
| Air in stomach/burping | Elevate head of bed |
| Cold Nose | Turn heat on or increase heater setting |
| Waking up | Use ramp adjustment option- still acclimating |

