



Home Medical Equipment

OUR FAMILY SERVING YOURS SINCE 1987

800-892-4044

Corporate Address:
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Sleep Therapy

Thank you for choosing DASCO to provide you with your necessary sleep therapy equipment. Sleep Therapy comes in the form of a CPAP (Continuous Positive Airway Pressure) machine or a BiPAP (Bi-Level Positive Airway Pressure) machine and is used to treat sleep apnea. Sleep apnea is a disorder that causes people to frequently stop breathing, for short periods of time, while they're sleeping. The result of this disorder is lack of a restful night's sleep and deprivation of the necessary oxygen into their bodies. If left untreated, sleep apnea increases the risk of blood pressure, heart problems, and stroke.

YOUR SLEEP THERAPY PRESCRIPTION ...

Sleep Therapy must be prescribed by your doctor. The equipment provided will deliver a flow of air (pressure(s) determined by your physician) through your nose. This pressure prevents the structures in your throat from blocking the air into and out of your lungs. You should notice almost immediate relief from your sleep apnea. It is extremely important to follow your doctor's orders and use the machine every night at the pre-set pressure determined by your physician.

YOUR SLEEP THERAPY PRESCRIPTION IS...

CPAP SET @ _____ CM H2O --OR-- BIPAP SET @ _____ IPAP & _____ EPAP

MAX. RAMP TIME: _____ (IF APPLICABLE)

OXYGEN BLEED IN @ _____ LITERS PER MINUTE (IF APPLICABLE)

HUMIDIFIER? (CIRCLE ONE): HEATED COOL

DELIVERY DEVICE (CIRCLE ONE): NASAL MASK NASAL PILLOW (LIST TYPE): _____

FULL FACE MASK

HEADGEAR (LIST TYPE): _____

CHIN STRAP? (CIRCLE ONE) YES NO

GENERAL TIPS ON YOUR SLEEP THERAPY ...

- Don't change the settings on your CPAP or BiPAP without consulting your doctor.
- Don't smoke around the Sleep Therapy equipment.
- Don't immerse the unit in water or allow water to enter any vents or ports.
- Don't leave the unit on when unattended.
- Don't plug your unit into an outlet controlled by a wall switch.

- **Don't** eat or drink for 2-3 hours prior to bedtime if you are wearing a mask with your unit.
- **Don't** block the vents and filter openings of your unit, air must flow freely to allow proper operation of the unit.
- **Don't** use the unit around water other than the humidifier (if applicable) because electrical shock may occur.
- **Don't** attempt to open or service this device; there aren't any components other than the filter maintenance which may be serviced or replaced without an experienced technician.
- **Do** contact a DASCO Associate at 800-892-4044 if you drop, damage, or if any liquid is spilled into the unit before attempting to turn the unit on.
- **Do** read and understand the operating instructions prior to operating your system.
- **Do** unplug the unit before cleaning or changing the fuses to avoid electrical shock.
- **Do** follow all the Oxygen Therapy precautions listed on the Oxygen Therapy patient information if you are using oxygen in conjunction with your Sleep Therapy unit.
- **Do** place machine on its base on a level & secure surface.

HELPFUL HINTS ...

- Washing your face with soap and water, to remove excess facial oils, before putting on the nasal device will help to prolong the life of the mask.
- The tighter the fit is not necessarily the better, it can be as loose as you desire as long as you maintain a seal.
- If you are using a room humidifier, please keep at least 6 feet from your Sleep Therapy Equipment.
- Distilled water is best to use with the humidifier.
- **Traveling Hints ...**
 - You should only turn on your unit when it is at room temperature.
 - The voltage selector switch must be adjusted for the proper voltage.
 - The unit should not be checked baggage, rather you should carry it onto the airplane.
 - If you need a power cord (e.g., for RV or motor home) please call our office at 800-892-4044, as many power cords can cause damage to your vehicle and your Sleep Therapy machine.

HOW TO CARE FOR AND CLEAN YOUR SLEEP THERAPY EQUIPMENT ...

Maintenance ...

You should contact DASCO at 800-892-4044 to make arrangements to have any service performed on your machine. This should be done at least once per year and, if the unit is not renting, it is your responsibility to contact us to make those arrangements. Your supplies (nasal device, headgear, tubing, filters, etc.) will need to be replaced anywhere from 2 – 12 times per year. If you notice yellowing, cracking, or leaking in any of your supplies, contact our office immediately.

Note: DASCO does provide 24 hour service (simply call 800-892-4044) to assist you with any problems you may encounter. However, **CPAP / BiPAP Therapy is not a life sustaining form of treatment and most services will be provided during normal business hours.**

- **Cleaning ...**

- **EACH MORNING ...**

- Disassemble and wash mask with liquid dishwashing detergent and warm tap water in a clean basin or container.
 - Rinse well with clear warm running tap water. Proper rinsing reduces the potential for skin irritation resulting from soap residue.
 - Air dry.
 - Reassemble when dry.
 - If still damp when ready to use, assemble the nasal device to the swivel and then to the hose. Attach the other end of the hose to the flow generator. Turn the generator on and allow these items to blow dry 10 – 20 minutes.

- **ONCE A WEEK ...**

- Unplug the unit and wipe the outside with a slightly dampened (warm water) cloth.
 - Make sure the unit is dry before plugging back in.
 - Clean filters (replace if necessary).
 - Clean and disinfect Humidifier and tubing (if applicable).
 - Wash headgear in mild detergent and warm water either by hand or in the washing machine. DO NOT place in a dryer. Hang to dry.

REMEMBER TO CONTACT DASCO IF...

- Your Sleep Machine malfunctions. It is important to call as soon as possible.
- You are unable to keep a scheduled appointment.
- Your physician changed your prescription.
- You move or your phone number changes.
- You have a change in insurance or physician.

THANK YOU FOR CHOOSING DASCO HOME MEDICAL EQUIPMENT.

**If you have any questions about your Sleep Therapy,
do not hesitate to contact us at:
800-892-4044**