



Sleep Apnea Therapy

Thank you for choosing DASCO to provide your 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. These devices are most commonly used to treat sleep apnea. Sleep apnea is a disorder that causes people to frequently stop breathing for short periods of time during sleep. The result of this disorder is lack of restful sleep and deprivation of oxygen. If left untreated, sleep apnea can increase risk of hypertension, heart problems, and stroke.

Sleep therapy must be prescribed by your physician. The equipment provided will deliver a flow of air through your nose. This pressure prevents structures in your throat from blocking the air moving in and out of your lungs. While adjusting to sleep therapy is not always easy, it is extremely important to follow your doctor’s orders and use the machine every night.

Cleaning

Daily

- ✓ Wash mask with mild liquid soap and rinse well with warm tap water. Air-dry.
- ✓ Wash humidifier chamber with mild liquid soap and rinse well with warm tap water

Weekly

- ✓ Unplug the unit and wipe the outside with a damp cloth. Make sure the unit is dry for plugging it back in.
- ✓ Clean filter (or replace if necessary).
- ✓ Wash headgear with mild soap and rinse with warm water. Headgear may be washed by hand or in the washing machine. Air-dry (do not place in dryer).

Replacement

In addition to routine cleaning, it is also important that you change your supplies (mask, cushions, headgear, tubing, and filters) on a regular basis. These are considered disposable supplies. Frequent replacement of these components prevents infection, leaking which can disrupt therapy, and Carbon Dioxide build up should your exhalation port become clogged. Most insurance companies allow for the changing of these supplies frequently:

	Mask	Headgear	Pillows/Cushions	Tubing	Filters
Medicare	Every 3 Months	Every 6 Months	Monthly	Every 3 Months	Monthly
Medicaid	Yearly	Yearly		Yearly	Monthly
Most Private Insurances	Every 3 Months	Every 6 Months	Monthly	Every 3 Months	Monthly

Choose how you wish to be reminded when it is time to replace your supplies:

Auto Ship	Email	Automated Call
<p>We will automatically ship your supplies when you are due to replace them based on your insurance company's coverage guidelines.</p> <p>Our most convenient program....no need to be available for phone calls or emails.</p>	<p>Receive an email when you are due for replacement supplies. If we don't get a response, we'll give you a courtesy call. If you choose this option, be sure to check your spam filter.</p>	<p>Receive an automated call when you are due for supplies. The call only takes about a minute and asks two simple questions....has your information changed and do you need your supplies? The automated call will make five attempts to reach you. A prompt response will stop the additional calls.</p>

**If you do not select another option, you will be automatically enrolled in the automated call program.*

To make changes to your resupply program or to reorder supplies, contact our Continuing Care Department at 1-855-442-7912 or email us at reorders@godasco.com

General Tips

DON'T.....

- Change the settings on your CPAP or BiPAP without consulting your doctor
- Smoke around your sleep equipment
- Immerse the unit in water or allow water into the vents or ports of the machine
- Leave the unit on while unattended
- Plug unit into an outlet controlled by a wall switch
- Block any vents or filter openings on your mask or machine
- Use the unit around water (other than the humidifier)
- electrical shock may occur
- Attempt to open or service this device

DO...

- Remove any water from the unit before moving
- Use distilled water in your humidifier
- Read the operating instructions prior to operating this device
- Place machine on its base on a level and secure surface
- Keep room humidifiers at least 6 feet away from the unit
- Take your machine as a carry-on when you travel

Infection Control: What are everyday preventive actions?

Everyday preventive actions are steps that people can take to help slow the spread of germs that cause respiratory illness, like flu. These include the following personal and community actions:

- Cover your nose and mouth with a tissue, when you cough or sneeze. This will block the spread of droplets from your mouth or nose that could contain germs.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub. Scrub hands with soap or sanitizer thoroughly for 30 seconds. Rinse thoroughly when using soap and dry with a clean paper towel. Turn faucet off with paper towel
- Avoid touching your eyes, nose, and mouth. Germs spread this way.
- Try to avoid close contact with sick people
- If you or your child gets sick with a respiratory illness, like flu, limit contact with others as much as possible to help prevent spreading illness. Stay home (or keep your child home) for at least 24 hours after fever is gone except to seek medical care or for other necessities. Fever should be gone without the use of a fever-reducing medicine.
- If an outbreak of flu or another illness occurs, follow public health advice. This may include information about how to increase distance between people and other measures.

REV 11/12

THANK YOU FOR CHOOSING DASCO! QUESTIONS? CALL 800-892-4044