

### PLAN OF CARE

Your therapy is important to us! To ensure you get the most out of your CPAP/BIPAP therapy, you will have an assigned sleep coach to follow up with you.

- **First 7 Days:**  
Your sleep coach will be reaching out with you within the first week to make sure all expectations have been met and that you are on the path toward successful therapy!
- **First 30-90 Days:**  
Should any issues arise, this is when we have time to correct them. Expect your coach to reach out to you should anything keep you from getting the effective therapy you need.

**For questions about your therapy, call 1-800-644-3324 ext. 72021**

**Compliance Data** - Your machine is tracking your performance and adherence to your new therapy. The Sleep coach will use this data to confirm:

- Mask leakage is minimized
- Adherence to compliance standards (70% usage of at least 4 hours a night)
- Effective treatment of sleep apnea events
- Data shared to any referring physicians when applicable

### ADDITIONAL INFORMATION:

- For more effective cleaning, create a solution of 3 parts water to 1-part white vinegar. Let the mask cushion, tubing, and chamber soak in the mixture for 30 minutes; rinse and dry well.
- It may take 2-3 weeks to adjust to therapy. Use the machine every night to increase effectiveness.
- CPAP/BIPAP masks should be loose fitting and comfortable. Adjust the mask while in the sleeping position with pressure flowing to maximize fit and comfort.
- The pressure setting on your device is prescribed by your physician and can only be adjusted with a new order. Consult with him/her regarding problems with the pressure setting.
- If you're traveling, pack your machine and bring it with you. You may carry it on an airplane with you at no additional charge because it is a medical device. Make sure to empty the water chamber when you pack up the device
- Machines work on 110v and 220v. If you travel overseas, you will only need a plug adapter.