Tips for Using a CPAP Machine

One of the most common medical treatments for sleep apnea is to use a CPAP machine. This type of machine helps you breathe during sleep by putting a mask over your nose and breathing for you when you have shallow breaths or pauses in your breathing. For people with severe sleep apnea, it can actually save your life. Here are some tips for using the CPAP machine.

**Don’t Be Afraid to Adjust it**

You don’t need to make the CPAP machine fit as soon as it arrives. While you will also want it custom-made to fit you, it might still need some adjustments. This is not uncommon, and the more you adjust it, the better it will fit. When it fits you right, you will notice that you are much more comfortable while wearing it and can sleep without it bothering you too much.

**Try to Use it During the Day**

One of the biggest complaints people have about CPAP machines is that they are uncomfortable and hard to sleep with. If you are losing sleep because you just can’t get used to it at night, try wearing it occasionally during the day. Just wear it when you are resting, like watching TV, for a few hours a day. Over time, it becomes more comfortable and you won’t mind it quite as much when you are trying to sleep with it.

**Have it Custom Fitted**

If you still don’t like how it feels at night, try getting the mask part of the CPAP machine custom-made. This will be the perfect size and shape for your face. Talk to your doctor if you can’t get used to your mask and need it to be custom-made.

**Know if You Are Allergic**

The last tip for using your CPAP machine is to understand why you might be getting ill when using it. This is not normal, especially if you have been using it for a while. It is possible that you are actually allergic to certain materials of the breathing machine. If you show signs of allergies, like coughing and sneezing, upon waking, try going a few days without using it. Have the symptoms gone away? If so, it might be that you are allergic to the mask part of the machine. Some older CPAP machines use latex, which many people are allergic to.

Always let your doctor know if the mask is just not working for you.