

TALLAHASSEE PULMONARY CLINIC

Pulmonary Medicine-Critical Care Medicine-Sleep Medicine

CPAP Desensitization Steps

1. Wear the plastic CPAP mask while awake for one hour each day.
2. Attach the mask to the CPAP device, and switch the unit “on. Practicing breathing through the mask for one hour while watching television, reading, or performing some other sedentary activity.
3. Use CPAP during scheduled one hour naps at home.
4. Use CPAP during the initial 3-4 hours of nocturnal sleep.
5. Use CPAP through an entire night of sleep.

Advance by one step after each 5 days, once the step can be carried out without anxiety.

Therapeutic guidance should be provided by the prescribing clinician. If you have any problems, you should contact your sleep physician.

The pace of treatment is guided by the patient's scheduling preference and by the reported rate of progress.