

Supporting You Through Better Sleep

Whether you are starting CPAP therapy or working to improve your sleep habits, our goal is to provide you with the tools and guidance you need.

CPAP

THERAPY: GETTING STARTED

Acclimation Steps

2

Start Slowly



Begin by wearing your CPAP mask while awake for short periods, such as while watching TV or reading. Practice with the machine on to become comfortable with the airflow.

1

Use It Every Night



Consistency is key. Even partial use is helpful in the beginning. Ensure proper mask fit - a well-fitted mask improves comfort and reduces air leaks. Address discomfort early - dryness, irritation, or pressure discomfort are common and can usually be corrected.

3

Be Patient with Adjustment

Adjustment may take a few weeks. The benefits improve with consistent use.



4

Online Communities

- CPAPtalk.com
- ApneaBoard.com
- MyApnea.org

Connect with others on their CPAP journey.



6

Vendor Support



If you received your CPAP through a supplier, they can assist with mask refitting, equipment troubleshooting, replacement parts, and ongoing support.

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CPAP Support & Resources

Adjusting to CPAP therapy is easier with support.

Canadian Resources:

Canadian Lung Association, Canadian Sleep Society,

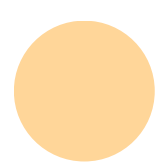
Educational YouTube Channels: TheLankyLefty27,

FreeCPAPAdvice, SleepDoctor, ResMed Official.

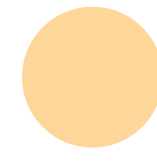


In Ontario, partial funding for CPAP therapy is available through the Assistive Devices Program (ADP), which typically covers 75% of the cost of a CPAP machine for eligible patients. The remaining portion may be covered through extended health benefits or paid out-of-pocket. Your CPAP provider will guide you through the ADP application process and assist with coordinating any additional coverage options.

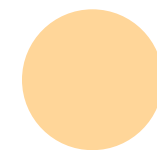
SLEEP HYGIENE GUIDELINES



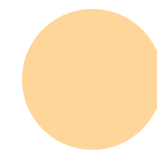
Keep a Consistent Sleep Schedule: Go to bed and wake up at the same time each day.



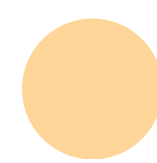
Limit Caffeine and Alcohol: Avoid caffeine after 3:00 PM and alcohol before bedtime.



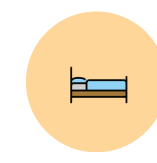
Create a Comfortable Sleep Environment: Keep your bedroom dark, quiet, and cool.



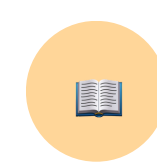
Limit Screen Time Before Bed: Avoid phones, tablets, and TV 30–60 minutes before sleep.



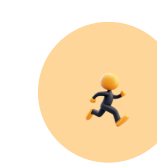
Avoid Late-Day Naps: If needed, limit naps to earlier in the day and keep them short.



Reserve the Bed: Only use your bed for sleep and sex; do not work, watch TV, or eat in bed.



If You Can't Sleep: If you don't fall asleep within 20–30 minutes, get up and do a quiet activity (like reading) until you feel sleepy to avoid associating the bed with anxiety.



Regular physical activity: Such as about 40 minutes of moderate to intense exercise can help improve sleep. However, it's best to avoid exercising right before bedtime.



Improving sleep takes time and consistency.
Our team is here to support you every step of the way.