

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

CPAP desensitization is a gradual, structured approach used to help patients become more comfortable with therapy, especially if they experience anxiety or claustrophobia. By introducing the equipment step-by-step, most patients are able to adapt more successfully over time.

5-STEP DESENSITIZATION PROTOCOL

- 1 MASK ONLY (NO TUBING)**
 Hold the mask to your face for a few minutes while awake, without connecting it to the machine, until you feel comfortable.
- 2 MASK + AIRFLOW (AWAKE)**
 Connect the mask to the machine and turn it on. Wear it while reading or watching TV for 20–30 minutes during the day.
- 3 EXTENDED DAYTIME USE**
 Increase use to 1–2 hours during the day while doing relaxing activities.
- 4 NAP TIME PRACTICE**
 Use the CPAP during a short daytime nap (30–60 minutes) to get used to falling asleep with it.
- 5 NIGHTTIME USE**
 Begin using the CPAP at bedtime. Start with a few hours per night and gradually increase as you become more comfortable.

TIPS FOR SUCCESS

- Start Slowly**
 Only move to the next step when you feel comfortable with the current one.
- Use Relaxation Techniques**
 Deep breathing or relaxation exercises can help reduce anxiety while wearing the mask.
- Optimize Equipment**
 Ensure your mask fits properly to reduce leaks. Humidification can help with dryness and improve comfort.
- Address Challenges Early**
 If you feel uncomfortable, pause and return to a previous step before progressing again.

This stepwise approach is supported by clinical guidance, including recommendations from the Canadian Journal of Respiratory Therapy.



CPAP SUPPORT & RESOURCES

Adjusting to CPAP therapy is easier with support. The following resources can help you on your journey.



ONLINE COMMUNITIES

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

Connect with others and learn from shared experiences.



CANADIAN RESOURCES

- Canadian Lung Association
- Canadian Sleep Society

Trusted Canadian organizations providing general education and support.



EDUCATIONAL YOUTUBE CHANNELS

- TheLankyLefty27
- FreeCPAPAdvice
- SleepDoctor
- ResMed Official

Practical education on mask fitting, troubleshooting, and improving comfort.



VENDOR SUPPORT

If you received your CPAP through a provider, they can assist with:

- Mask refitting
- Equipment troubleshooting
- Replacement parts
- Ongoing support



CPAP FUNDING (ONTARIO)

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

Healthy daily habits can improve your sleep quality and overall well-being.



Keep a Consistent Sleep Schedule

Go to bed and wake up at the same time each day.



Create a Comfortable Sleep Environment

Keep your bedroom dark, quiet, and cool.



Limit Caffeine and Alcohol

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



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 for Sleep

Avoid working, eating, or watching TV in bed.



If You Can't Sleep

Get out of bed after 20–30 minutes and do a quiet activity until you feel sleepy.



Stay Physically Active

Regular exercise can improve sleep (avoid intense activity before bed).



Improving sleep takes time and consistency.

Our team is here to support you every step of the way.



IMPORTANT DISCLAIMER

The resources listed above are provided for general educational purposes only. Oshawa Durham Sleep Laboratory does not endorse or guarantee the information, services, or products provided by third-party organizations. Patients are encouraged to consult with their healthcare provider regarding any medical concerns or treatment decisions.



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