

17 Questions Respiratory Therapists  
Want You To Ask Your Physician About...

# Your CPAP Device



1. Who will provide my CPAP equipment, and why are you recommending this provider?
2. How will my CPAP device be adjusted for my specific needs?
3. Who will fit me for the CPAP device and teach me how to use it correctly?
4. How many hours a night do I need to use the CPAP for it to be effective?
5. How long will it take me to get used to wearing the CPAP interface while sleeping?
6. What kind of side effects can I expect from using CPAP?
7. What can I do to minimize these side effects?
8. If I cannot tolerate the interface given to me at the beginning of treatment, will there be other options I can try?



This guide is provided by the American Association for Respiratory Care  
More guides are available at [yourlunghealth.org/ask/](http://yourlunghealth.org/ask/)

9. Is it safe to travel with my CPAP device?
10. Can I take it on an airplane or cruise?
11. How do I clean my CPAP device?
12. How often should I replace my mask, hose, and filters? Where do I get them?
13. Will these new supplies be covered by my insurance?
14. Will Medicare or my insurance company cover the cost of my CPAP unit?
15. If I am on Medicare, are there certain rules regarding my compliance with the treatment that I must follow?
16. Who should I call if I have problems with my CPAP device?
17. What should I do if I still feel sleepy during the day after using my CPAP as prescribed?

