



RSDC
Respiratory Sleep
Disorder Centre

CPAP Troubleshooting Guide

PROBLEM	SOLUTIONS
Dry Mouth / Mouth Breathing	Ensure no mask leak Use humidifier / Increase humidifier setting Trial chin strap or full face mask due to mouth breathing via CPAP therapist
Blocked / Runny / Bleeding Nose / Sneezing	Use humidifier / Increase humidifier setting Try nasal spray (eg. Fess, available from Pharmacies)
Excessive Mask Leaks / Eye Irritation	Adjust headgear Ensure mask assembled correctly Ensure correct positioning of mask Trial alternative mask via CPAP therapist Note: Air from small mask “exhalation” holes is normal
Skin Irritation	Clean mask daily with warm soapy water using a low allergy product and rinse well Loosen headgear / Adjust mask Try mask liner (eg. RemZzzs, Gecko) Trial alternative mask via CPAP therapist
Pimples under headgear	Reduce sweating by keeping cool and using deodorant on inside of headgear or on your head in the affected area
Pressure Sores	Loosen headgear Gecko pad can be used on nose bridge Trial alternative mask via CPAP therapist
Condensation / Water in Tubing / Tubing making “Gurgling” noise	Shake out water and... Place tubing under doona/blankets Decrease humidifier setting Use heated tubing / Cloth tube cover (Tube Cosy, bubble wrap) Close window / Heat room Position CPAP machine lower than the bed so water drains back to the machine away from you
Noisy Mask	Ensure mask is not leaking and see solution to “excessive mask leaks” If moisture in small mask “exhalation” holes: wipe out with tissue and see solutions to “Condensation”
Pressure Feels Too Strong / Difficult to Breathing Out	Ensure no leaks Re-activate ramp (pressure starts low and gradually increases) Reduce ramp minimum pressure or extend ramp time Initiate or increase EPR / C-Flex (some machines can reduce pressure upon exhalation) Give yourself time to get used to it

	<p>Seek help from CPAP therapist or Sleep Doctor. Pressure may need to be reduced permanently or reduced and gradually increased over time. Another sleep study may be required</p>
Waking up with mask off	<p>Ensure mask is comfortable and not leaking Trial increasing humidifier Seek advice from CPAP therapist or Sleep doctor and have your machine downloaded. High leak may be present at time mask is taken off or pressure may be inadequate</p>
Poor Sleep with CPAP / Tired	<p>Expected in the first 2 weeks Ensure mask is comfortable Ensure no leaks Trial chin strap or full face mask due to mouth breathing or alternative mask via CPAP therapist Give yourself time to get used to it. Could trial in the day Seek help from CPAP therapist or Sleep Doctor and have your machine downloaded. Another sleep study may be required</p>
Snoring	<p>May cease once ramp period is over Ensure no leaks Trial avoiding sleeping on your back Seek help from CPAP therapist or Sleep doctor. Pressure may need to be increased or another sleep study performed</p>
Machine Noisy / Machine Stopped Working / Humidifier Not Heating	<p>Check power point on and working Check everything is put together correctly Check for broken parts Check heater plate is getting warm</p>
Claustrophobia	<p>Trial mask during the day. Hold on face if required. Watch television or listen to music to relax and distract yourself Trial alternative masks via CPAP therapist Discuss alternatives to CPAP with your Sleep Doctor</p>
Difficulty Falling Asleep with CPAP	<p>Practice good sleep hygiene. Eg. go to bed when tired, wind down before bed, avoid caffeine/alcohol/computer/phone/cigarettes before bed Give yourself time to get used to it. Could trial in the day Wear mask consistently to get into a routine Ensure mask is comfortable with no leaks Re-activate ramp. Initiate or increase EPR / C-Flex Reduce ramp minimum pressure or extend ramp time Trial chin strap or full face mask due to mouth breathing or alternative mask via CPAP therapist Seek help from CPAP therapist or Sleep Doctor and have your machine downloaded. Another sleep study may be required</p>
Swallowing Air / Burping / Stomach Pain / Flatulence	<p>Raise bed head Initiate or increase EPR / C-Flex (reducing pressure upon exhalation) Seek help from CPAP therapist or Sleep doctor. Pressure may need to be decreased, another sleep study performed, or automatic pressure adjusting machine (APAP) trialled</p>
Headache	<p>Loosen mask straps Seek help from CPAP therapist, Sleep Doctor or GP Trial alternative mask via CPAP retailer or CPAP therapist</p>
Ear Pain / Chest Pain	<p>Seek medical advice from GP or Sleep Doctor</p>