

CPAP Setup Appointment Overview

Appointment Options: Virtual (Telehealth), In-Office, or In-Home

Appointment Duration: 45 to 60 minutes

What Patients Can Expect During Their CPAP Setup:

1. Introduction & Clinical Education

- Overview of sleep apnea and review of sleep study results (AHI & severity)
- Explanation of prescribed pressure, therapy goals (AHI < 5), and the importance of CPAP therapy

2. CPAP Device Education

- Overview of the device and its components: power cord, PAP device, modem, humidifier/water chambers, heated tubing, filters, and controls
- Overview of device menus and key functions
- Guidance on when and where to use therapy (including naps and travel)
- Review of compliance requirements (minimum 70% usage)
- Review of reference materials: User Manual and Welcome Guide Booklet
- Review of the manufacturer's warranty and warranty process

3. Mask Fitting & Comfort

- Hands-on mask fitting session with prescribed pressure
- Guidance on how to properly wear a mask to ensure a good seal
- Tips for improving mask comfort and desensitization strategies

4. Ongoing Therapy Management

- Cleaning and maintenance instructions
- Overview of the resupply process
- Introduction to our Sleep Coach Program (“The Sleep Journey”)
- Guidance on using PAP compliance apps on smart devices
- Completion of required Quality DME paperwork
- Reminder to follow up with referring provider