

“What’s Next?” – Checklist for the New Sleep Apnea Patient

What to Do After You’ve Completed Your Sleep Study & Titration

1. Talk with & Visit Your Physicians on a Regular Basis

- ASAP:** Schedule your next follow-up visit at your Sleep Lab or Sleep Specialist Dr.:

Date: _____

- ASAP:** Tell all of your physicians about your sleep apnea diagnosis and CPAP therapy:

- Your GP / Family Dr.
- Your specialists (like your cardiologist)

- Schedule your later, regular visits to your Sleep Lab or Specialist:

Month: _____

Month: _____

Month: _____

- Contact your sleep specialist if you undergo any changes in health or lifestyle that they’ve asked you to update them on...

- *Examples: gaining or losing weight, new Rx drugs, or any new diseases (especially diabetes, heart disease, stroke or hypertension)*

2. Work with an Equipment Provider (aka “DME”)

- ASAP:** Select a local DME and schedule your initial set-up visit to receive the new equipment, a mask fitting, and initial training (usually 40-60 minutes in duration)

- ASAP:** Make sure your physician approves of the equipment the DME provides you (sometimes DMEs will provide cheaper equipment if given the chance).

Most sleep specialists will recommend equipment from one of the top 3 suppliers (ResMed, Resironics & Fisher/Paykel)... ask your doctor about any other brands that the DME suggests.

- Remember that the DME is usually responsible for fixing any problems with your CPAP “hardware” (device, humidifier, etc.) for about a year. Don’t hesitate to get repairs or take in equipment to see if repairs are needed!

3. Get On-Going Help through Group Support and/or a Sleep Coach

- ASAP:** Join an AWAKE group and/or find a sleep coach by enrolling in a CPAP chronic care program (*for example: MySleepMask.com provides their customers with CPAP coaching & trouble-shooting by a Respiratory Therapist*).

- ASAP:** Make sure you have at least 3 to 4 coaching sessions in the first 30-days of CPAP therapy:

- *Right after the diagnosis (before the DME Set-Up)*
- *1-3 days after set-up and starting CPAP at home*
- *1-2 weeks later*
- *At the 30-day mark*

- Make sure you receive coaching sessions about every 90-days / 3-months for at least 2-3 years

- Be sure your sleep coach is tracking your compliance (i.e. how often you use CPAP a week & each night, how often you clean CPAP equipment & refresh your supplies). Your coach should track all of this about every 3 months or so.