

Welcome to the Enos Sleep Solutions Family

Your Partner in Better Sleep and Respiratory Health

Enos Home Medical - Enos Sleep Solutions

Date: January 17, 2025

DEAR PATIENT,

Welcome to the Enos Sleep Solutions CPAP family! We are delighted to support you in improving your sleep and quality of life through CPAP therapy. Adjusting to therapy may feel challenging at first, but we're here to guide you every step of the way.

This packet includes helpful resources to get you started, including an overview of your equipment, tips for success, and answers to common questions. Our team of dedicated respiratory specialists is always available to address any concerns or provide additional support.

Feel free to contact us at **774-762-4201** or email us **sleep@enoshomemedical.com** anytime.

Thank you for trusting Enos to be part of your care team.

CONTACT INFORMATION:

Phone: 774-762-4201

Email: sleep@enoshomemedical.com

Website: www.enoshomemedical.com/enos-sleep-solutions/



SECTION II

WHAT TO EXPECT

A. WHAT IS CPAP THERAPY?

CPAP (Continuous Positive Airway Pressure) therapy is a proven method to treat sleep apnea. It works by delivering a constant stream of air through a mask to keep your airway open during sleep, helping you breathe easier and sleep better. Your ordering physician will provide your individual settings.

B. BENEFITS OF CPAP THERAPY:

- Reduced snoring and improved sleep quality.
- Better focus, mood, and overall energy levels.
- Long-term health benefits, including reduced risks of heart disease and stroke.
- Improves blood glucose levels in patients with type 2 diabetes
(visit www.enoshomemedical.com to learn more about enos diabetic supply!)

C. ADJUSTING TO CPAP THERAPY:

It's normal to need time to adjust. Consistent use is key to success. If you experience any challenges, reach out to our team for advice and solutions.

SECTION III

GETTING STARTED

A. STEP 1: EQUIPMENT OVERVIEW

Your CPAP package includes:

- **CPAP Machine:** The device that generates air pressure.
- **Mask:** Worn over your nose or mouth to deliver air. There are various styles available, some cover your nose, some cover your mouth.
- **Tubing:** Connects the machine to the mask. Heated tubing helps provide warm moist air.
- **Filters:** Keep the air clean and free of irritants.
- **Humidifier:** Adds moisture to prevent dryness. Distilled water must be used

C. STEP 3: FIRST NIGHT TIPS

- Use the machine for short periods while awake to get used to it. You can try wearing while awake, in a resting position, to help become acclimated to the therapy.
- If discomfort occurs, adjust the mask or try a different sleeping position.
- Keep the area around the machine clean and free of dust.

D. YOU ARE NOT ALONE:

Sleep Coach (Clinician) will call you with help and encouragement, tips and best practices thru out your initial setup and beyond. They are always only a call away at 319-984-7554.



SECTION IV

TROUBLESHOOTING & FAQs

A. COMMON ISSUES AND SOLUTIONS

- **Mask Leaks:** Ensure the mask is fitted snugly but not too tight. Try adjusting the straps or switching to a different size.
- **Dry Mouth or Nose:** adjust CPAP humidity comfort settings, or consider a chin strap for mouth breathing.
- **Noise from the Machine:** Check that all connections are secure and the filter is clean.

B. FAQs

- **What is a CPAP machine?:** CPAP stands for Continuous Positive Airway Pressure. CPAP machines aid in maintaining regular breathing patterns during sleep by increasing air pressure in the throat, preventing its collapse during inhalation. They also reduce snoring, ensuring a quieter sleep environment for bed partners.
- **How do I adjust my mask correctly?:** The mask should be worn as loosely as possible while still maintaining a proper seal. Small leaks around the nose are acceptable, but air should not be blowing into your eyes. Contact us if you experience any issues with mask fit or discomfort.
- **How long should I use CPAP each night?:** Aim for 4+ hours per night for health benefits, improved energy and insurance compliance.
- **How often do I need to replace my mask, filters, and tubing?:**

**Resupply is based on individual insurance guidelines*

RECOMMENDED RESUPPLY SCHEDULE

FRAME	3 MONTHS
CUSHIONS	1 MONTH
HEADGEAR	6 MONTHS
CHIN STRAP	6 MONTHS
TUBING	3 MONTHS
DISPOSABLE FILTERS	1 MONTH
REUSABLE FILTERS	6 MONTHS
WATER CHAMBER	6 MONTHS

- **What are the benefits of using CPAP?:** CPAP therapy is the premier treatment for sleep apnea. Consistent use of CPAP can reduce heart complications in those with heart disease, lower blood pressure both day and night, improve A1C levels in type 2 diabetics, and alleviate daytime sleepiness.
 - **Can I change the pressure setting on my machine?:** The pressure setting is prescribed by your doctor. If adjustments are needed, one of our CPAP specialists can assist you, but only with a physician's order.
 - **How many hours a night do I need to use my CPAP?:** Use your CPAP at least 4-6 hours per night but ideally the full night to gain the maximum benefits.
- *Many insurance providers have usage requirements of 70% usage rate*
- **Whom do I call if I have questions about my equipment?:** ENOS Sleep Solutions places a contact sticker on all CPAP devices. If you have questions, **call us at 774-762-4201.**



- **Should I take my CPAP if I go on vacation?:** Yes, it is advisable to take your CPAP with you when traveling. For air travel, carry it on board and adjust the altitude setting if your machine has this feature. An international plug adapter may be needed for overseas travel. Refer to your owner's manual or contact ENOS Sleep Solutions for further assistance.
- **Will I feel better when I use my CPAP, and how soon?:** Many users experience reduced daytime sleepiness, increased alertness, and an overall improved quality of life due to better sleep quality. Those with hypertension might also see a reduction in blood pressure. Some notice improvements immediately, while for others it might take a few weeks, some months.
- **Are there times when I should sleep without my CPAP?:** If you have a cold or other illness that makes CPAP use uncomfortable, you might need to go without it temporarily. Prolonged sinus congestion should be discussed with a doctor as CPAP pressure can hinder sinus drainage in the case of an infection.
- **What is the purpose of the humidifier?:** The humidifier helps to prevent irritation and dryness in your nose and throat. Adjust it based on your home's temperature and humidity. To avoid water condensation in the tubing, keep the CPAP slightly lower than the head of your bed and adjust the humidifier setting as needed.
- **What if I have an overnight stay in a hospital?:** Bring your CPAP with you for hospital stays. Using CPAP post-anesthesia can aid in better recovery for sleep apnea patients.

For further assistance or inquiries, ENOS Sleep Solutions is here to support you. Contact us at any time for help with your CPAP therapy and equipment.

SECTION V MAINTENANCE SCHEDULE

A. DAILY TASKS

- Wipe down the mask with a damp cloth.
- Check the tubing and machine for dust or debris.

B. WEEKLY TASKS

- Wash the mask, tubing, and humidifier chamber with mild soap, such as dawn liquid soap, and warm water. Rinse thoroughly and air dry.

C. MONTHLY TASKS

- Replace filters (if disposable) or clean reusable filters.

DATE	TASK COMPLETED	NOTES

*****Refer to your equipment manuals for detailed cleaning instructions*****



SECTION VI COMPLIANCE & INSURANCE

A. WHY COMPLIANCE MATTERS

Using your CPAP regularly helps you stay healthier, more energetic and ensures continued insurance coverage for supplies and equipment.

B. TRACKING YOUR USAGE

Modern CPAP machines monitor usage. Our team will review your data to ensure compliance and your doctor can make adjustments if needed.

You may have ability to track their own usage as well with some pap therapy devices.

SECTION VII RESOURCES & SUPPORT

A. REMEMBER, WE ARE HERE TO HELP!

CONTACT US ANYTIME:

General questions: 774-762-4201

Sleep coach line: 319-984-7554

Email: sleep@enoshomemedical.com

Enos home medical main line: 800-473-4669

SECTION VIII PATIENT RIGHTS AND RESPONSIBILITIES

A. YOUR RIGHTS

- Receive timely support and education about your therapy.
- Access high-quality equipment tailored to your needs.
 - We will outline initial and monthly costs including copays and deductibles (if applicable) so you are knowledgeable and comfortable about next steps.

B. YOUR RESPONSIBILITIES

- Use your CPAP as prescribed.
- Maintain and clean your equipment regularly.
- Attend follow-up appointments to ensure therapy effectiveness.
 - Copays and deductibles associated with your CPAP including contacting your insurance with any questions you may have
 - Notify us of any changes to your insurance policy, change of address, phone number etc
 - **Notify providers of any issues or concerns preventing use**

SECTION IX FEEDBACK AND IMPROVEMENT

A. WE VALUE YOUR INPUT!

Please let us know how we can improve your experience.
Scan the QR code to tell us how we did!

