

You've been provided with a Philips DreamStation CPAP machine to support your breathing while you sleep. This video explains how to use it and how to look after your machine.

In your bag, you'll find the machine itself, a power pack, tubing, and a user manual. To set the machine up, plug the power pack into the mains and then into the green port at the side. The tubing connects at the back of the machine and then onto your mask. For more information on how to fit your mask, see our mask fitting guide.

The best place to set your machine is somewhere that it's within reach while you're in bed. It's best to keep it lower than your pillow but off the ground. A low bedside table works best. Air must be able to flow freely around your machine for it to work properly. Don't place it directly onto carpet or bedding.

To start your machine press the long power button on the top. It'll start at a pressure of four which you'll see on the screen and when you fall asleep the pressure will increase to give the best possible pressure for you. If you wake up during the night, the pressure may feel stronger than it did when you first went to sleep.

This is normal, but if it bothers you, you can press the small rump button with the triangle to temporarily reduce the pressure. To turn the pressure off completely at any point during the night or in the morning, just press the long button again. When you switch your machine off, you will see a brief summary of your hours of usage.

If you're interested in finding out more about this information, or how to access further information about your CPAP usage, Please see the links on the Northern Trust webpage where you access this video.

Your machine and your mask must be cleaned on a regular basis. It's best to avoid using strong cleaning products as these can damage your equipment or leave a harmful residue. It's best to clean your mask daily or after each use. Gently rub the cushion seal using warm water and a small amount of mild soap.

Preferably unscented and without moisturising agents, rinse with clean water and allow you to air dry. You can wash the headgear less often, ideally once per week, following the same procedure. To clean your tubing, first disconnect it from your machine and mask. Rinse the inside and outside of the tube in a sink or with warm water with mild detergent.

Rinse thoroughly and hang over a towel rail or shower rail to air dry. In the side of your machine is a filter. It's good practice to check your filter every two weeks and replace it every six months or if it becomes damaged. If it looks dusty, take it out and remove any visible dust by tapping it on a hard surface.

You can also wash the filter in warm soapy water, rinse and leave it to air dry. And make sure it's 100 percent dry before putting it back in your machine. Your CPAP machine will be serviced annually by your equipment provider. As part of each service, you will be given a replacement mask, tubing and filter.

If your machine has not been serviced, you can contact your equipment provider directly with the contact details on the sticker on your machine.

Some people who use CPAP find that it gives them a dry mouth.

If this is the case for you, please contact Sleep Investigations in Braid Valley Hospital to order a humidifier. A humidifier is a device that releases moisture from a small tank of water into the air that you breathe from your machine. This can make CPAP more comfortable. To attach your humidifier, first remove the tubing from the back of your machine.

Then line it up with the humidifier and push the two units together until they click into place. Your tubing now connects at the top. To open your humidifier, slide the lid release latch forward and lift up the lid. Remove the tank and fill it with cold, boiled water, no higher than the maximum fill line.

Do not use water directly from your tap. Carefully replace the water tank into the humidifier and close the lid until it clicks shut. When your machine is switched on and blowing air. The humidifier setting can be adjusted to your preference. Rotate the large circular button and the number in the bottom right hand corner of the screen will change.

One is the lowest level of heat and five is the highest level. Zero will switch off the humidifier. Set the heat to whatever you're comfortable with. If you are getting water inside your mask or tubing, the humidifier is set too high. Turn the dial down to a lower setting. To clean the water tank, turn your machine off and allow the heater plate and water to cool down for about 15 minutes before removing the tank.

Open the humidifier and remove the tank. You can wash it in warm soapy water or in a dishwasher. Rinse with clean water and allow it to air dry. Clean the humidifier base, heater plate and lid seal by wiping them with a damp cloth. If necessary, the seal can be gently peeled away from the humidifier lid.

Clean the warm soapy water and rinsed in clean water. Allow the seal to air dry before reattaching. If you're traveling with your CPAP machine, please ensure that you empty the water tank beforehand. You can detach the humidifier completely by pushing the grey release button. If you are going abroad, please contact Sleep Investigations in Braid Valley Hospital so that we can supply you with a travel letter. Please carry your CPAP machine as hand luggage to prevent accidental damage. It is important that you attend follow up appointments with the sleep physiologist to check that your CPAP therapy is going well. You may also be reviewed by a sleep nurse or a respiratory consultant.

We advise all patients to persist with using their CPAP machine, but if you decide that you no longer wish to use the therapy, we will arrange collection of the loan device. We advise that you consult your GP and fully consider the risks of not using therapy before you make this decision. In some cases, loan equipment will be recalled due to prolonged non use.

Loan CPAP machines are fitted with a device called a modem which is able to send us information regarding the effectiveness of your CPAP treatment. It can also tell us how

often you are using it and if your mask is fitting properly. This will enable us to optimise your treatment while reducing your number of hospital visits.

The modem sends your data securely. Your equipment provider will explain how your data is shared and ask for your permission to do so at your set up appointment. Please take a few minutes to complete our feedback questionnaire which will help to improve our service. Thank you.