

Mask Information for Baby and Toddler

What is CPAP?

Continuous positive airway pressure (CPAP) therapy is a treatment for obstructive sleep apnea. CPAP therapy keeps your child's airway open during the night by gently providing a constant flow of air through a mask worn during sleep. CPAP eliminates sleep apnea (pauses in breathing, snoring, gasping) and allows your child to sleep through the night without his/her body waking up. Daytime symptoms including sleepiness, hyperactivity, failure to thrive, and fussiness can be improved with CPAP.

Tips to help your child wear the mask:

1. Let your child hold, touch, and play with the mask disconnected from the tubing and machine.
2. Place the mask on yourself, other family members, or a favorite doll/stuffed animal.
3. Show and play with your child using other silly noses (clown, animal, and/or small plastic cup) and masks.
4. Hold the mask to your child's nose starting with about 10 seconds at time, giving lots of praise and positive feedback.
5. Practice several times a day, increasing the amount of time the mask is at the nose each time.
6. Practicing with the mask should always be a positive experience, remember to always make it fun and give lots of praise.
7. Take a video of your child wearing his/her mask and play it back for them to see.
8. Talk to your child about wearing the mask and how important it is to get good sleep.
9. Always practice with the mask while the child is awake. The mask should not be worn during sleep until the machine and positive airway pressure are provided.

Tips to help your child wear the mask with air pressure (CPAP):

1. Always turn on the machine when you first enter the room, so the child is not startled by the noise.
2. Play with the pressure, letting the child use the tubing to blow the air at themselves or others.
3. Show the child how if you hook the mask to the tubing the air comes through the mask.
4. Hold or let the child hold the mask with the pressure up to the nose. There is no set amount of time for this. Work with your child several times a day; eventually incorporating into the bedtime routine. If your child can wear the mask and pressure during the day, your child will be more likely to wear it at night.
5. Keep a bedtime and naptime routine that includes the mask and machine.

If you have questions about the mask, mask fit, or machine, please call your home care company.

For clinic visits in our CPAP clinic with our board certified sleep physician and registered sleep technologists (RPSGT) with an additional certification in clinical sleep health (CCSH). please call 727-767-4458.

To help manage your child's CPAP please remember to bring the CPAP machine with power supply, tubing, and mask with headgear to all CPAP clinic appointments. At this visit, the sleep technologist (RPSGT/CCSH) will check all the equipment and troubleshoot any problems.