

Mask Information for School Aged Children

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, difficulties with concentration, and mood problems 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. Read a book or watch a movie about a firefighter, jet pilot, superhero, scuba diver or other people that wear masks.
5. Place the mask on your child's face starting with about 5-10 minute at time, while doing something they enjoy (watching a favorite TV show, playing a card game, coloring, etc.).
6. Practice several times a day, increasing the amount of time the mask is at the nose each time.
7. Practicing with the mask should always be a positive experience, remember to always make it fun and give lots of praise.
8. Take a video of your child wearing his/her mask and play it back for them to see.
9. Talk to your child about wearing the mask and how important it is to get good sleep.
10. 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. Encourage your child to help with the mask and machine by having them put on the mask, turn on the machine, and/or help with cleaning the mask in the morning.
4. During the day, have the child practice with the mask and pressure doing something they enjoy (watching a favorite TV show, playing a card game, coloring, etc.). 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. Many children will enjoy using a reward program such as a sticker chart for wearing their mask and machine. If possible, set a goal and let your child pick the prize for completing the goal.
6. Keep a bedtime 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 the sleep medicine physician or nurse practitioner and a registered sleep technologists (RPSGT) with 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.