

Mask Information for Teenagers

What is CPAP?

Continuous positive airway pressure (CPAP) therapy is a treatment for obstructive sleep apnea. CPAP therapy keeps the 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 teen 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 teen wear the CPAP at home:

1. Talk to you teen about the CPAP machine and why it is important for him/her to wear it nightly.
2. If the teen needs help desensitizing to the mask and pressure, have the teen practice with the mask and pressure during the day, doing something they enjoy (watching a favorite TV show, reading doing homework, etc.). There is no set amount of time for this. Work with your teen several times a day, eventually incorporating into the bedtime routine. If your teen can wear the mask and pressure during the day, he or she will be more likely to wear it at night.
3. Encourage your teen to take responsibility for their machine and mask by each night having them put water in the humidifier, put the mask on, and turn on the machine, and each morning clean the mask and empty humidifier chamber.
4. The machine will monitor the CPAP use and can distinguish between the hours the machine was on vs the hours the mask and machine has been worn. Show your teen that they can check this each morning. Most machines have an app available to monitor progress.
5. 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 teen'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.