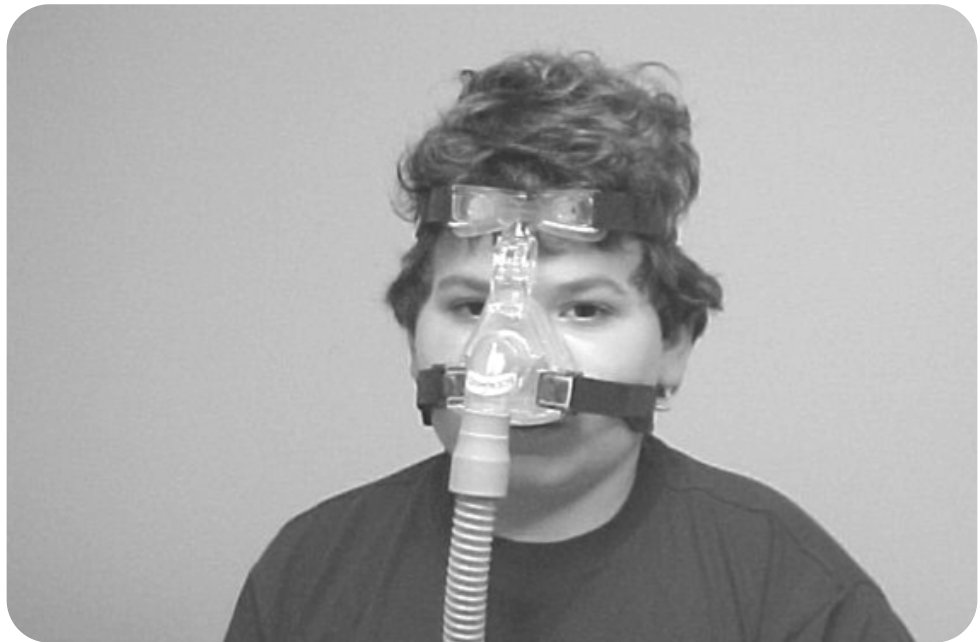


Tips for Parents and Caregivers of Children Using CPAP



1. Start using continuous positive airway pressure (CPAP) for short periods during the day while watching TV or reading.
2. Use the “ramp” setting on your unit so that the air pressure increases slowly to the proper level.
3. Use CPAP every night and for every nap. Using it less often reduces the health benefits and makes it harder to get used to it.
4. Newer CPAP models are almost silent. If the sound of your machine is bothersome, place the unit under the bed to dampen the sound.
5. Make small adjustments to the mask, tubing, straps and headgear until you get the right fit.
6. Use saline nasal spray to ease mild nasal congestion. You can make this at home by mixing $\frac{1}{4}$ teaspoon of salt with 1 cup of warm water. Or, it can be purchased at any drug store without a prescription.
7. Ask your healthcare provider about taking a nasal decongestant to relieve more severe nasal or sinus congestion.
8. Use a heated humidifier that fits your CPAP model to enhance breathing comfort.
9. Try a system that uses nasal pillows if traditional masks cause problems.

Tips for Parents and Caregivers of Children Using CPAP

To Learn More

- Sleep Disorders Center
206-987-8938
- Ask your healthcare provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.
- For Deaf and hard of hearing callers
206-987-2280 (TTY)

10. Clean the mask, tubing and headgear once a week.
 11. Check and replace the filters for your CPAP unit and humidifier on a regular basis.
 12. Work closely with your sleep doctor and CPAP supplier to make sure that you have the machine, mask and air pressure setting that works best for your child.
- **Be consistent.** Establish and maintain a nap and bedtime routine. Make sure all caregivers know and follow the nap and bedtime routine.
 - **Remember your role.** It's your role to set and enforce appropriate rules for your child. Your child may not like wearing the CPAP mask. Don't take your child's refusal to wear the mask personally.
 - **Praise your child.** As your child adjusts to sleeping with CPAP, offer praise. Don't use CPAP as a punishment.
 - **Ask for help.** Try to anticipate how your child will react to CPAP. Talk with the sleep clinic staff for suggestions.

Please contact the Children's Hospital Sleep Disorder Center at 206-987-8938 if you have questions or need help trying these tips. The home care company that provides the CPAP equipment can also answer any questions or concerns you may have about the equipment.

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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