



# 5 SIMPLE WAYS TO MASTER THE CPAP SUCCESS CURVE

Carrissa Hankins, MSN, APRN, FNP-C



Copyright The Sleep NP 2023. All rights reserved.

NOBODY WANTS TO HAVE

# *Sleep Apnea*

...and nobody wants to have to treat it either.

For a lot of sleep apnea sufferers, the solution (*CPAP*) feels like it could be worse than the problem (*their sleep apnea*) could ever be.

*The reality lives somewhere between awful and amazing.*



No matter which version of mask + machine you get to bring home, there's always a learning curve.

## The faster you master the curve...

the sooner you're likely to realize the benefits of optimally treated sleep apnea.

*Benefits like...*

- Less nighttime bathroom trips
- Less nightmares
- Better sleep quality
- Less headaches
- Less daytime shortness of breath
- And the list goes on and on!





# GET YOUR HEAD IN A

## *Positive Place*

Negativity is more contagious than the flu...

And, it's just as harmful to CPAP success because it can keep you...

- Sour at the start of your CPAP trial.
- Blind to any positive benefits now and later.
- Looking for any reason to give up.
- Thinking you're doomed to be miserable...forever.
- At a place of never starting treatment at all.

If you're not in a good head place...

maybe now is the time to explore the negative feelings behind the things you're taking as facts so you can...

## *Master Your Thoughts*

*As real as our feelings feel,  
that doesn't make them trustworthy or truthful.*

# GET FULLY COVERED

## by CPAP

You don't have to feel  
asleep to be asleep.

Which is why it's common for early CPAP users to adopt the habit of only using their mask for the 1st half of the night.

Sure. The minimum is anything >4 hours/night.  
**That's good enough, right?**

**Nope.**

It's leaving you uncovered when you need it most.

*Sleep apnea is usually worse in REM sleep.  
REM sleep likes to come when the clock says AM.  
And it doesn't always feel like you slept.*

### Master The 1:1 Ratio

*For best results, make sure your CPAP therapy  
has your back for all your sleep, not just half.*

GET IN A GOOD

*Routine*

Good CPAP routines turn into  
Good automatic CPAP habits

...which bring you one step closer to  
**The Holy Grail of CPAP**

**"Put it on. Go to bed. Done."**

In bed = mask on  
Without thinking...it just happens.



*Master Your Routine*

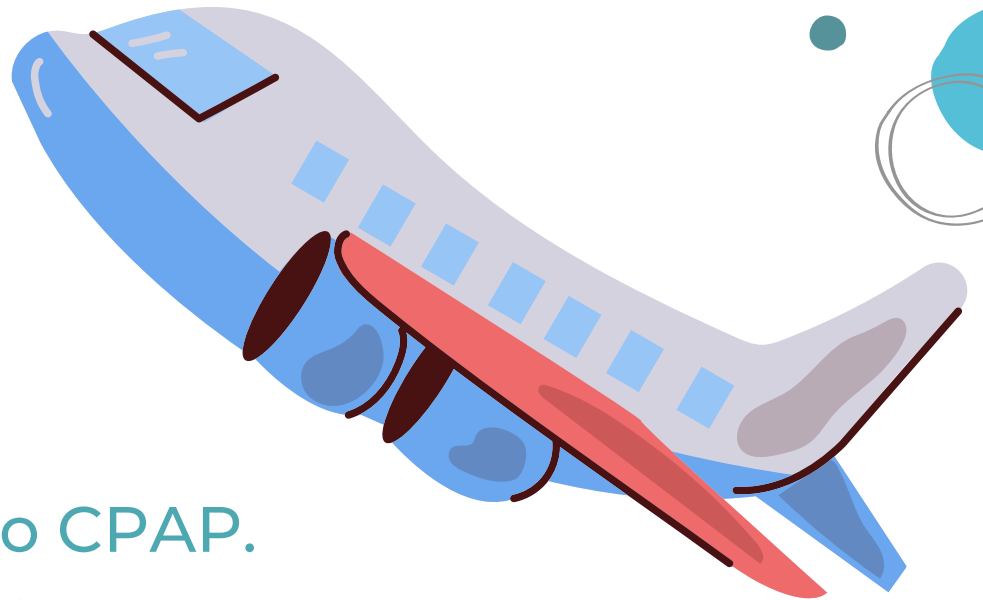
*It's easy to keep going with healthy habits when  
they're part of your everyday life.*

GET IT BACK ON WHEN

*You Notice It's Off*

Life happens.  
Sometimes  
CPAP doesn't.

Especially when you're...



- Still getting used to CPAP.
- Sick or recovering from surgery.
- Take an unplanned trip.
- Without electricity unexpectedly.

## *Master Getting It Back On*

*There are no do-overs. Only do-nows & do-nexts.  
Master the curve by getting it back on when you can.*



GET IT READY &

# *Go Prepared*

Whether you're going around the block or around the world...



Consider & prepare for common and unexpected travel scenarios.

*Whether planned or not, travel is stressful.*

There's nothing like the feeling of dread at the realization part (or all) of your CPAP didn't make the trip.

*Uh oh. Oh no.*

*What am I going to do now?*

## *Master Going Prepared*

*A little planning ahead can go a long way to avoid stressful surprises when traveling.*



# CPAP MASTERY CAN BE

# *A Challenge*



Learning new things can feel uncomfortable - especially when you're still getting the hang of it.

Once you've begun to master the learning curve all that hard stuff starts to feel a whole lot easier.

Your investments of time & effort start paying off once the rewards start rolling in.

## 5 Simple Ways to Master The CPAP Success Curve

1. GET YOUR HEAD IN A POSITIVE PLACE
2. GET FULLY COVERED BY CPAP
3. GET IN A GOOD ROUTINE
4. GET IT BACK ON WHEN IT'S BEEN OFF
5. GET IT READY AND GO PREPARED





# READY TO UP YOUR *CPAP Experience?*

Hello Sleep Health offers clinic and coaching services to help you end the frustration.



[Hello Sleep Health](#)

[Discovery Call Sign Up](#)