

There is more to being successful with CPAP/BiPAP therapy than putting on the mask and going to sleep. Since a good portion of what we do during the day affects how we sleep at night, a healthy lifestyle and attention to issues that might affect sleep will make for an easier transition to PAP therapy. It is not uncommon to develop some bad sleep habits in an attempt to compensate for the poor quality of sleep caused by months or even years of untreated OSA. Daytime napping, irregular sleeping schedules, spending too much time in bed, as well as excessive caffeine use, are common behaviors people with OSA try in an attempt to get some relief. People can recognize and take measures to address these behaviors by following some sleep hygiene principles.

- **PRIORITY** - make sleep a priority. Look at this experience as an opportunity to make some major lifestyle changes. There is a lot of evidence showing that getting enough sleep and getting good quality sleep are key ingredients to overall health. In addition, inadequate or poor sleep has been linked to mood disturbance, cognitive and memory impairment, an increased risk for accident and injury, and a poor quality of life. Too often sleep is relegated to the back-burner. Work, family, and community responsibilities have a way of consuming our daily schedule. Sleep seems a likely place to cut corners. Change your attitude about sleep. Most adults need 7 to 7 ½ hours of sleep a night. Consider your need for sleep as you plan your daily activities and allow enough time for an optimal sleep opportunity.
- **SLEEP ENVIRONMENT** - create an environment that is conducive to sleep. Make sure the bedroom is dark, quiet, and well-ventilated. The temperature should be cool with appropriately warm bed covers. The mattress should be of good quality. Sleep wear should be loose and comfortable. Avoid watching television, and engaging in activities other than sleep and intimacy in the bedroom. You want to create a clear connection in your mind between the bedroom and sleep.
- **FLUIDS** - Limit fluids in the evening. As we age, middle-of-the-night awakenings for bathroom trips are normal and they are not really a problem unless there is difficulty returning to sleep. In the early stages of CPAP/BiPAP therapy, it is probably best to try and limit factors that might wake you up and cause you to remove your mask.