



# Sleep Therapy Training & Education Checklist

## Today, your Respiratory Therapist will cover the following...

- Introduction & Overview  
Events per Hour: \_\_\_\_\_  
SpO<sub>2</sub>: \_\_\_\_\_
- Sleep Apnea Education
- Equipment Review
- Mask Fitting Tips
- Acclimating to Therapy
- Usage Requirements
- Supply Replacement
- Replenishment Schedule
- Cleaning
- Comfort Products & Accessories  
MSCMedicalShop.com  
Discount Code: \_\_\_\_\_
- Outreach Compliance Assistance

## Notes:

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

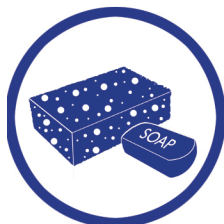
---

Device Type \_\_\_\_\_ & Settings \_\_\_\_\_

Serial Number \_\_\_\_\_ Device Number \_\_\_\_\_

Mask Name/Manufacturer \_\_\_\_\_ Size \_\_\_\_\_

## Cleaning



- PAP Cleaning & Sanitization Requirements
  - ▶ Daily cleaning of mask and humidifier chamber with mild dish detergent and water
  - ▶ Weekly cleaning of tubing with mild detergent and water
  - ▶ Weekly sanitization in 1:3 ratio white vinegar/water solution for mask and humidifier chamber
- Simpler PAP Cleaning/Sanitization Option\*
  - ▶ Automated CPAP Cleaner and Sanitizer
  - ▶ Specialized mask wipes to remove facial oil buildup on cushions
  - ▶ Monthly cleaning of tubing and humidifier chamber with mild dish detergent and water

8:00 hrs/mth



1:30 hrs/mth



## Usage Requirements



- Compliance: Consistent usage, providing therapeutic benefit
- Proof of use is required by your insurance to pay for CPAP or BiPAP, and ongoing supplies
- Requirements:
  - ▶ 21 nights out of 30 consecutive nights (70%) within the first 90 days
  - ▶ 4 or more hours daily at minimum (Noon - Noon next day)
  - ▶ Physician follow-up between 31-90 days to document use and benefit is required: (Bring all PAP equipment with you) \_\_\_\_\_ and \_\_\_\_\_

## Compliance Assistance



- Enroll into a therapy engagement website:
  - ▶ ResMed: [resmed.com/myair](https://resmed.com/myair)
  - ▶ Respirationics: [dreammapper.com](https://dreammapper.com)
  - ▶ 3B: Luna QR Mobile App

## Supply Replacement: ReFresh Program



- Mask, mask cushions, headgear, tubing, filters and humidifier water chamber
- Recommended for best ongoing mask seal and to avoid bacteria buildup
- Our Replenishment Program makes it easy!
  - ▶ Insurance will cover your supplies if you qualify
  - ▶ Shipped directly to your home
  - ▶ Sign up now!