

THE COMPLETE CPAP BUYERS GUIDE



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What does a CPAP Machine Do?

Defining Sleep Apnea

Sleep apnea is a very common condition that occurs when the brain and the rest of the body do not get enough oxygen (hypoxemia), leading to repeated halts in breathing. According to Dr. Samuel Becker, Director of Rhinology at the [Becker ENT Center](#).

When this happens, our heart works harder than usual to deliver blood to our end organs which need oxygen to function. While the heart is designed to function at higher capacity on occasion, doing this on a regular, prolonged basis can lead to negative consequences both for the heart and for the organs to which it pumps blood.

Obstructive sleep apnea is the most common type of apnea, though less severe cases still require treatment. In obstructive sleep apnea, the tissues of the soft tissues of the face and neck collapse and obstruct your airway.

Treating sleep apnea properly, with a CPAP machine and mask, will alleviate most side effects and symptoms and also supports breathing patterns for a full night of uninterrupted sleep.

Effects of Sleep Apnea include:

Sleep is an essential part of your health according to Dr. Becker. Sleep is a time when the body recharges and prepares for the next day. Without proper sleep, it is difficult for the mind and body to function at full capacity. Poor sleep impacts everything from focus and cognition to blood pressure and metabolism.

Obstructive sleep apnea prevents you from entering deep restful sleep. When sleep apnea temporarily halts breathing, your brain signals your body to wake up. When you suffer from sleep apnea, you continually fall asleep and wake up. In addition to feeling tired, sleep apnea has been tied to serious health conditions such as:

- Overweight

- High blood pressure
- Depression
- Diabetes
- Heart failure that may lead to heart attacks
- Constant headaches
- Alzheimers

How CPAP Therapy Works

In obstructive sleep apnea, the airway is blocked with tissues of the face and neck collapse and interfere with the flow of air. CPAP or “Continuous Positive Airway Pressure” involves a machine that increases the pressure in the airway to prevent this collapse and keeps the airway open. The CPAP reduces the amount of apneas allowing you experience REM sleep.



Stacy was sick for many years. She tried everything from special diets to medications, but she was constantly tired. She could sleep for sixteen hours a day and still feel fatigued. Finally, after fifteen years of misdiagnoses, a doctor ordered a sleep study.

She got a CPAP right away and started feeling relief after the third night of using it:

One of my favorite moments was the Sunday after I got my machine. I went into the office, where my husband was working and said “Dave! It’s 4pm on a Sunday...do you notice anything different about me?” “Yes!” He said. “You’re not asleep!”

Though it might be uncomfortable at first, a CPAP machine can keep you asleep all night long without the risk of dangerous pauses in breathing. A CPAP setup can ensure that you do not suffer from these symptoms and that you experience better sleep for a more productive day!

Getting a Prescription

- **A prescription is required for all machines, complete mask systems and humidifiers.** Your prescription will detail the proper pressure setting that your machine needs to be set at for efficient sleep therapy. A prescription can be used multiple times through the year, and your supplier will generally call your physician and obtain the prescription for you. If you’d rather submit your prescription, you can fax or email your script to the DME supplier that you are getting your supplies from. Many websites also offer a submission form where you can submit your prescription information online!
- **What doesn’t require a mask?** Other sleep therapy items like filters, tubing and cushions for your mask do not require a prescription, and you can order those at any time online.
- **Who can write my CPAP prescription?** Your physician, psychiatrist, Doctor of Osteopathy, Nurse Practitioner, Dentist or Naturopathic Physician can all write a prescription for a CPAP. These

prescriptions are generally for a lifetime and do not need to be refilled. If your script has a set expiration date, you will need to visit your doctor for a refill.

Taking the Sleep Study

- **Home Sleep Study:** For those who don't have a doctor's referral to a sleep specialist or prefer to pay for a sleep study out-of-pocket, it is possible to do a sleep study at home. We work with a selection of qualified sleep clinicians who can determine what kind of home sleep test is most appropriate for you and help you read the results to get the proper treatment plan in place to best meet your needs. The home sleep study is usually a good option for someone who knows for certain that they are suffering from sleep apnea symptoms.
- **Overnight Oximetry Test:** Pulse oximetry measures the oxygen level of the blood by comparing the absorption of red and infrared light by the blood. When a patient has an "apneic" event, they stop breathing for a short period of time. When this occurs, delivery of oxygen is slowed, and the oxygen saturation level - monitored by the oximeter - drops. It is through this relationship, that pulse oximetry may be used to detect sleep apnea.
- **Sleep Lab:** Preparing for a sleep study in the lab is an important step — you should have everything you need to sleep comfortably, as well as a few extra items to ensure you have a nice experience. Overall, be sure to bring your comfortable pajamas, a toothbrush and some light reading material. It's also helpful to go through your daily routine as usual so you're tired enough to go to sleep in the lab. For even more tips on preparing for your sleep study, check out our blog post: <https://www.cheapcpapsupplies.com/blog/getting-ready-for-a-sleep-study-in-a-sleep-lab/>
- **Titration Study:** If your sleep study confirms that a CPAP is the best course of treatment, you might need to take a follow-up sleep titration study. Sometimes, the titration study can be done the same night as your sleep study. The titration study will determine the exact pressure settings and type of CPAP mask you need in order to get the best treatment plan. During the visit, you will try on several different CPAP masks with various machine types that are calibrated to the pressure setting necessary to clear your airway blockage most efficiently.

What type of CPAP will I need?

There are several [types of CPAP machines](#). Depending on the severity of your sleep apnea and your doctor's recommendation, you'll most likely know which machine is best for you.

- **CPAP** — Continuous Positive Airway Pressure. The treatment works by using mild pressurized air, delivered at a constant pressure, to keep the airway open during the night. The air intake portion of the machine features an air filter that purifies the air delivered to the user.
- **APAP** — Auto-Titrating Positive Airway Pressure. An APAP machine is another non-invasive type of therapy that delivers pressurized air to treat obstructions in the airway during sleep. The APAP machine uses a specific algorithm that best determines what pressure settings match your treatment needs and can suit your needs as they change throughout the night. Jason's favorite APAP machines are Resipronics, ResMed, and Fisher Paykel.

- **BiPAP** — Bi-Level Positive Airway Pressure. Similar to a CPAP machine, the BiPAP is designed for users who need a higher pressure setting or have previously been unable to use a CPAP.

Purchasing Your CPAP vs. Qualifying through Insurance

- **Purchasing Your CPAP on cheapcpapsupplies.com:** You can purchase your CPAP machine and mask just like any normal online purchase, the only catch being that you will need a prescription to complete your order. When you visit our online store, any item that requires a prescription will be clearly marked. You can [upload your prescription](#) through our website, email us a copy, or fax a copy to our office. If you do not have your script on hand, we can also request a copy directly from your sleep doctor.
- **Affirm:** we offer a financing program through Affirm to help you manage the cost of a CPAP machine and mask. Affirm is a financial company based in San Francisco that offers easy, transparent loans with no hidden payments or surprises. All you need to do is select the Affirm Monthly Payment option at checkout and provide some basic information. Affirm provides a real time loan decision and helps you manage payments based on what works best for you.
- **Qualify through Aeroflow:** CheapCPASupplies.com's parent company, Aeroflow Healthcare, can process your order so your CPAP Supplies are covered by your insurance provider. [Qualify through your insurance for CPAP supplies](#) by filling out the simple online form, which sends your information to a CPAP specialist who can process your claim and help you find the best CPAP setup for your health needs and your lifestyle.

CPAP Machine Manufacturers, What Brand to Choose

Choosing the right brand and style of CPAP mask and machine can be difficult when you are just starting out. Our team is here to help make the transition into sleep therapy as smooth as possible. We offer products that are tried and tested to ensure that you receive a CPAP that goes beyond expectation and provides you with the comfort needed for a good night of sleep.

CPAP Machine Manufacturers

3B Medical

3B Medical is committed to making CPAP therapy as comfortable and easy as possible for their patients. They provide easy to use machines and masks for sleep therapy that include user manuals with online access and instructional videos so you can stay informed. Shop our selection of 3B products to find a CPAP device that meets your needs.



“This machine is very easy to travel with - the pressure settings work perfectly to keep me sleeping through the night no matter where I am. Love it!”

ResMed

ResMed offers a full range of CPAP masks and provides the most effective sleep therapy possible to users. ResMed CPAP masks are comfortable, lightweight and engineered to feel as if they are barely there. For over 25 years ResMed has been a leading pioneer of innovative treatments for sleep-disordered breathing. Browse our selection of CPAP machines to find a CPAP mask that works for you.



“If not for the fact the mask was on my face I would not know this machine was in the room. I went for having 47 event an hour to 2 in a matter of months. This CPAC literally not only saves my life but gave me back my life!”

Philips Respironics

Philips Respironics has been in the business since 1976 and creates innovative products for sleep apnea management. Respironics manufactures CPAP machines and mask interfaces that are designed based on patient interviews to develop CPAP systems that meet the needs of real life users.

Depending on your needs, Respironics will have a match for you. One popular option is the [Dreamstation CPAP machine](#). The Dreamstation is packed with features, making it a great mask for those getting acclimated to sleep therapy: bluetooth is standard on every Dreamstation device, and most machines include a humidifier for ultimate comfort.



“It’s amazing how far CPAP machines have come. Wow!”

Fisher & Paykel

Fisher & Paykel design many sleek CPAP Machines that offer effective humidification. Patients need not worry about dry mouth, dry eyes, inflamed sinuses and more when using Fisher & Paykel CPAP Machines.

DeVilbiss Healthcare

DeVilbiss Healthcare is a world leader in the design and production of innovative sleep therapy products. Cheap CPAP Supplies offers DeVilbiss masks, frames and more to ensure you find what you’re looking for.

HDM Human Design Medical

Human Design Medical offers CPAP devices that are fantastic for travel. The [Z1 Auto CPAP](#) fits in the palm of the hand and is the world's smallest automatic CPAP machine. Transcend is another manufacturer that provides lightweight CPAP devices that are easy to bring wherever you go.



Z1 Auto
CPAP
Machine

“This is my go-to cpap for traveling. Now I can pack lite on overnight trips!”

APEX Medical

APEX provides a wide range of CPAP machines that are specific to patient needs, with a focus on user-friendly products. All machines are equipped to support your treatment goals and boast sleek, lightweight designs.



APEX XT Fit CPAP Machine

“Great Machine at a Fraction of the Price. Really impressed at the small size and affordability of this CPAP.”

Transcend Sleep Apnea Therapy Solutions

Transcend is the first portable CPAP device designed completely around user lifestyle to give CPAP users the freedom to sleep anywhere. These small, lightweight portable CPAP devices are about the size of a soda can and have portable battery options the size of a deck of cards for easy packing and toting. It's portable CPAP therapy that's ready for anything.



Transcend Auto
CPAP Machine

“I needed a small lightweight CPAP machine due to my heavy travel. I was pleasantly surprised how quiet it actually was after reading the reviews. My wife has commented how quiet it was... I highly recommend the system.”

CPAP Masks Brands

Resmed

ResMed offers a range of mask styles; all are engineered to meet a high standard of quality and comfort. Featuring lightweight designs, gel cushions for comfort, vents that diffuse air quietly, and much more, each patient is sure to find their perfect fit

Philips Respironics

Philips Respironics CPAP masks are designed to effectively treat individual sleep apnea needs and provide comfort. Every style of mask is designed with comfort a priority, ensuring the best possible sleep for the user.

Fisher & Paykel

Fisher & Paykel masks are available in many styles such as nasal pillow masks, nasal masks and full face masks.

Circadiance

Circadiance masks are soft and breathable, a great option for CPAP users who prefer a softer surface during sleep therapy. Shop our collection of Circadiance masks and supplies to find the perfect solution to your CPAP needs!

Drive Medical

Motif Medical

[The Motif Dream](#) is made with medical grade, silicone cushion that fits to contour your face and designed for a better seal, without tightening the headgear.

Fisher & Paykel

Fisher & Paykel masks are manufactured with innovative features that provide comfort and stability. Fisher & Paykel masks are also available in nasal pillow, nasal or oral styles.



"In the past I have favored Respironics PAP machines and ResMed masks. I don't know that this is still true. Even Fisher Paykel is making really nice masks now. I do notice that most of my favorite masks are still ResMed though." - Jason LankyLefty

"I currently use two different masks - originally I got a Respironics Pico Nasal Mask, which I use sometimes. However, I did a promo with ResMed earlier this year where they gave me a sample of a ResMed N20 For Her Mask. It's purple and purple is my favorite color, so I am pretty partial to it. It also has magnetic closures which are super convenient."



"For my machine I use a Phillips Respironics Dreamstation for regular use and a ResMed AirMini for travel and sometimes naps in the living room. I like them both!"

"My husband also has sleep apnea - he was using the Amara View, but now uses the ResMed F20. He likes the F20 because it keeps his mouth closed better than the Amara View does, which reduces dry mouth problems for him." - Stacy [CPAP Babes](#)



Features to Consider

- ❑ **Mask Fit and Style**
- ❑ **Noise**
- ❑ **Air Filter**
- ❑ **Exhalation Pressure Relief**
- ❑ **Humidifier**
- ❑ **Portability**
- ❑ **Heated Tubing**
- ❑ **Leak Compensation**
- ❑ **Data Capability and Compatibility.**

Jason, a Registered Polysomnographic Technologist, stressed data capability and compatibility with SleepyHead. SleepyHead CPAP software is designed for reviewing and exploring the data produced by your CPAP machine.

Choosing a CPAP Mask

Research masks before you select one and review other CPAP users' reviews. Many sleep techs just have you wear a mask what works in the sleep lab for them to successfully titrate you. This doesn't mean that mask is going to work for you long term. Visit several [sleep forums](#) and ask people there. Check out YouTube for videos and reviews on different masks. Even then you are likely going to try several masks before you find one that is perfect for you.

- ❑ **Nasal Pillows:** a nasal pillow mask uses two soft silicone pillows that are inserted into the nostril: these are generally very small and lightweight and are preferred by many CPAP users over a full face mask.
- ❑ **Nasal mask:** the nasal mask is a triangular mask that fits entirely over the nose. The silicone cushion makes the fit more comfortable. Stacy was excited to try the nasal pillow, but she quickly identified it didn't provide enough air.
- ❑ **Full face:** this is the best type of mask for mouth breathers as it covers the nose and mouth. This type of mask is usually made with gel or silicone cushions to provide optimal comfort.
- ❑ **Oral:** the oral mask only delivers air through the mouth. An oval cushion seals around the mouth and delivers air through two small inlets in the mask. This mask is a good choice for people who have seasonal allergies or suffer with nasal congestion.

Each manufacturer has its own sizes. A medium in one manufacturer might be the equivalent in a large in another. Refer to the [CPAP Mask fit guide](#) to help choose a mask size.

Replacing & Cleaning CPAP Parts

- ❑ **Overall Recommendations:** One of the most important things that you can do is regularly clean your CPAP supplies. Since your CPAP mask is in direct contact with your nose and mouth and delivers air, there are many opportunities for bacteria to grow. Cleaning your CPAP setup isn't difficult, and usually only requires some hot water, soap and a safe place to dry.

□ **How to Identify Worn/Dirty Parts:** work out tubing generally will start showing air leaks and exterior scuffs/damage.

□ **How to Clean Machine + Mask, SoClean option.**

The dirtiest part of the CPAP will be the CPAP mask because it touches your skin every night. The plastic is designed to feel comfortable on your skin and to create a good seal. The thin design of the cushion leads to break down over time.

One of the easiest ways to clean your CPAP is a SoClean, an automated CPAP cleaner and sanitizer. It kills 99.9% of the germs left behind in your mask, hose, and reservoir.

Consider the Siesta Med Hurricane Driver, a favorite of Jason founder of [Free CPAP Advice](#), “there are several methods for cleaning your mask and tubing, but getting it dry quickly is another issue entirely. The Hurricane Dryer does this very well.”

□ **Replacement Schedule:** Following a replacement schedule will ensure that you’re keeping your mask and parts as clean as possible in order to get the most out of your therapy (and avoid getting sick!). Your friends, internet forums might have suggestions about cleaning, but it’s always best to follow a physician-approved replacement schedule:

- Once a month: replace the pillows or cushions and disposable filters.
- Every 3 months: replace mask frames including full face, nasal and oral masks. Replace the tubing as well. (Tubing should be flushed more often than it is replaced. There are plenty of cleaning tools to help.)
- Every six months: replace the CPAP headgear and the chinstraps, along with the non disposable filters and the humidifier chamber.

CPAP Replacement	Replacement Schedule
Disposable Filters	Twice a Month
Nasal Cushion Pillows	Twice a Month
Full Face Cushions	Once a Month
Oral, Nasal, Nasal Pillows, Full Face Masks	Once Every 3 Months
Tubing	Once Every 3 Months
Headgear and Chinstraps	Once Every 6 Months
Non-Disposable Filters	Once Every 6 Months
Humidifier Chamber	Once Every 6 Months
CPAP Machine	Once Every 5 Years

Accessories & Supplies to Consider

- ❑ Carrying Case
- ❑ Backup Travel CPAP
- ❑ Batteries
- ❑ Snugglehose
- ❑ SoClean
- ❑ VirtuClean

A Word on Resupply

- ❑ **Cheap CPAP Supplies resupply program:** Replacing your CPAP supplies is important for the health and longevity of your CPAP machine and mask, and is usually a benefit through insurance. While some parts of your CPAP only need to be replaced once every 6 months (like the humidifier chamber, headgear and chinstraps), some parts, like nasal cushions and disposable filters, should be replaced twice a month.
- ❑ **CPAP 30-Day Mask Guarantee:** If you purchase a CPAP mask on our online store at Cheap CPAP and you're not completely satisfied, you can receive the full amount in store credit towards a replacement mask.
- ❑ **Ask a Clinician:** If you have any questions about your CPAP machine, how it works, or how to troubleshoot any problems that you're having, our CPAP clinicians are on call to help answer your questions. Through our handy [Ask a Clinician](#) tool, you can submit your questions to our team and we will respond as quickly as possible. Also, you can read some recent Q&A inquiries from our 'Ask a CPAP Clinician' sessions with real customers.

Getting Acclimated to CPAP

Like any new piece of equipment, it takes some time to get used to a CPAP machine. It takes patience and persistence to get acclimated to a CPAP machine. PAP can be delivered by a variety of machines and masks.

Breathing with CPAP/Bilevel is completely different than how you are used to breathing. It is going to feel different. Jason suggests practice breathing with your mask and machine during the day when there's no pressure to sleep. Allow yourself to get used to the PAP machine when you're not tired in order to avoid any panic. When you first start sleeping with the CPAP, gradually add the different accessories. Start with the mask. Attach the tube the next time, hook it the machine the night after that.

People new to CPAP often feel claustrophobic. Taking a piecemeal approach can help. Try experimenting with different size or styles of masks.

Stacy uses two different masks and different machines. She started with the Respirationics Pico Nasal Mask, but recently switched to a ResMed N20 for Her Mask. The magnetic closures are super convenient. Stacy uses the Phillips Respirationics Dreamstation for regular use and a ResMed AirMini for travel and sometimes naps in the living room. I like them both!

If one systems doesn't work, it is important to advocate for yourself.



“You absolutely must bug your care and support team until [it is working]. It can get to the point where you feel annoying, but remember - you’re paying them for a service, they should provide excellent care for you,” Stacy at [CPAP Babes](#).

CPAP and Your Health

Sleep deprivation and sleep apnea can lead to or exacerbate serious health conditions. Sleep apnea has been shown to contribute to headaches, memory loss, depression, anxiety, type 2 diabetes, Alzheimer’s, hearing loss, memory loss, and more.

Treating your sleep apnea can lead to a better quality of life. You’ll feel more restful and have more energy. After a good night’s sleep, you will be able to concentrate better and think clearer. It will be easier to loss weight because you’ll have the energy to exercise. Your blood pressure will improve.

While CPAP does treat sleep apnea, it does not cure it. As long as you suffer from sleep apnea, you will need to use a CPAP, but sleep apnea enter remission or be cured. The factors that cause sleep apnea are different from person to person. There is a lot you can do to improve or even reverse your sleep apnea. Exercising, eating healthier, and cutting out nicotine and alcohol will help you shed excess weight and improve your health.

Side Effects

A CPAP or BiPAP machine is virtually 100% effective, but occasionally people experience some unwanted side effects. Some common CPAP side effects and solutions are:

Problem	Solution
Dry Mouth & Tongue	Use a chin strap to prevent breathing through your mouth
Dry Eyes	Leak around the seal of your mask. Fix leak or purchase a new mask.
Leaking Full Face Mask	Pull mask away from face and then allow it to fall back on face to create new seal.
Teeth Hurt	Loosen bottom mask strap.
Nasal Congestion	Use heated humidifier
Bloating, burping, passing gas	Sometimes the air forced into your throat goes down the esophagus. The CPAP machine may be set too high or try sleeping at a slight incline.

CPAP Glossary of Terms

- **Apnea–hypopnea index:** is the measurement of severity of a case of sleep apnea. It's measured by the number of apnea events that happen per hour.
- **BiPAP/BiLevel Therapy** is an alternative to CPAP therapy that utilizes two different pressure settings through a facial mask. The key difference between CPAP and BiPAP is that the BiPAP system uses [two pressure settings](#): the inspiratory positive airway pressure (IPAP) is higher and supports breathing patterns, while the expiratory positive airway pressure setting (EPAP) is lower and supports exhalation.
- **Bruxism:** Grinding of the teeth. Associated with sleep apnea.
- **Central Sleep Apnea:** Sleep apnea occurs when the brain fails to signal the muscles to breath.
- **Complex sleep apnea (CompSA)** this is a serious condition in which sleep apnea symptoms persist during attempts to treat breathing with a CPAP machine or bilevel therapy.
- **Compliance:** this term defines how well and how frequently you are sticking to your treatment plan. Compliance can also be used to verify insurance claims - if a CPAP user sticks to their treatment plan their insurance provider will generally continue to offer the benefit.
- **CPAP:** stands for Continuous Positive Airway Pressure. It is a therapy designed to treat sleep apnea using pressurized air that is delivered at a constant pressure to ensure there are no pauses in breathing during sleep.
- **CPAP Ramp feature** is designed to allow the CPAP machine to start at a lower pressure and work up to the intended pressure over a set period of time. Starting with a lower pressure often allows the user to fall asleep easily. From there, the pressure gradually increases to the level necessary to keep the upper airway from collapsing. Not all machines have a ramp feature, but if you have trouble adjusting to the pressure you need, this might be a great feature to look for in your CPAP setup.
- **Epworth Sleepiness Scale.** Questionnaire to give measure to the intensity of daytime sleepiness experienced by any given patient.
- **Expiration:** refers to breathing out, either manually or with the help of a therapy device such as a CPAP.
- **Hypertension** is commonly associated with sleep apnea because OSA is a recognized trigger for hypertension. Apnea episodes (pauses in breathing) cause a surge in systolic and diastolic pressure that elevate blood levels. In turn, people suffering from cardiovascular problems like high blood pressure have a high prevalence of apnea, so the two conditions are often thought to be connected in a cause-effect type manner.
- **Hyponea:** Less than 50% decrease in airflow for 10 seconds or greater with a decrease in oxygen saturation of less than 3%.
- **Hypoxemia** is an abnormally low level of oxygen in the bloodstream. According to a study on the [treatment of hypoxemia in OSA](#): “Usually, treatment is directed at correcting the apnea, which will in turn prevent hypoxemia.”

- **Inspiration** refers to breathing in, usually in regard to inhaling with the support of a respiratory therapy device.
- **Leak:** refers to air leaking out of the CPAP mask, causing an interruption in therapy.
- **Mask Seal:** the mask seal ensures that no air escapes from your mask during therapy.
- **Nocturnal Polysomnogram (NPSG):** Sleep study
- **OSA** stands for Obstructive Sleep Disorder, a breathing disorder that results in interrupted breathing patterns that can affect sleep patterns. OSA is a serious condition that affects about [18-30 million adults in America](#). Most cases remain undiagnosed.
- **Outgassing:** Process by which plastic component parts of CPAP masks and other CPAP supplies give off a chemical odor after being manufactured until they have been exposed to the air for a sufficiently long period of time.
- **Oximeter:** a device that indirectly monitors the oxygen saturation of a patient's blood.
- **Oxygen Desaturation** is an index that defines how many times per hour the blood oxygen levels drop below baseline. This is measured during a sleep study. The Division of [Sleep Medicine](#) at Harvard Medical School defines a normal blood oxygen level (saturation) at around 96 percent. Levels below 80 percent are considered severe.
- **Polysomnogram** is the scientific term for a home sleep study. The test records brain waves, oxygen levels, heart rate and breathing to detect sleep disorders like sleep apnea.
- **Polysomnographic technologist (PSGT):** Technician, typically registered, who administers a sleep study.
- **REM Sleep:** characterized by rapid eye movements, this sleep cycle works to occurs at intervals during the night.
- **REM** is a sleep interval that occurs during the night and is defined by rapid eye movements, increased pulse rate and more frequent bodily movements.
- **Rainout:** the accumulation of water due to moist air condensing inside the tubing as it travels from machine to mask.
- **Titration** refers to the study that determines the best pressure setting for your machine. During the study, you will also be fitted for a CPAP mask and matched to a machine that best suits your therapy needs. After you are set up with your mask and machine, you will be monitored overnight to ensure that the pressure setting works best throughout the night.