

Getting ready for your first night with CPAP

☑ Before using your CPAP:

- Wash your face before putting on your mask.
- Check that everything is connected.
- Keep your tubing out of the way.
- Give yourself grace — it's okay if your first night isn't perfect.

ℹ When used correctly, you may experience the benefits of CPAP overnight.^{1,2}

Nearly 60% of people³ reported significant improvement in snoring and nearly 20% of people⁴ reported significant improvement in energy level after one night on CPAP.



Set yourself up for CPAP success

Take a few minutes to help you feel comfortable and confident using your CPAP

☑ **Practice wearing your mask:** Wearing the mask while reading or watching TV can help you get used to how it feels.

☑ **Use your CPAP whenever you sleep:** Wear your CPAP every night and during naps. Regular use can help your body adjust.

☑ **Test your setup before lights out:** Turn the machine on, breathe normally for a few minutes, and make sure everything feels comfortable before trying to fall asleep.

☑ **Tell your CPAP provider if something doesn't feel right:** If your mask is uncomfortable, air is leaking, or you're having trouble with your device, let one of our sleep coaches* know.



It can take a few nights to get used to CPAP, with 85% of people reporting they adjusted to CPAP within the first month.⁵



Setting up for your first night on CPAP

Keep these tips in mind as you get ready for your first night with your CPAP device

☑ **Choose a stable spot for your machine:** Place your CPAP on a bedside table with enough space around it for airflow. Keep supplies within reach, so you can reconnect them if you get up during the night.

☑ **Check all the connections:** Make sure the tubing is firmly attached to both the machine and your mask before turning it on.

☑ **Fill the humidifier with distilled water:** If your machine has a humidifier, pour distilled water into the chamber before turning your machine on.

☑ **Adjust your mask while the air is flowing:** Turn on your CPAP and make small strap adjustments until the mask feels comfortable and the seal is secure.

1. Djonicic I et al. *Sleep Med.* 2015;16(6):697–702. 2. Sleepfoundation.org. Available at: [Before and After CPAP: How Your Body Changes](#) (Accessed July 2026). 3. Resmed retrospective survey of patients ≥18 years old with obstructive sleep apnea registered in myAir using PAP therapy ≥4 hours per night. Survey June 2025 – September 2025. n=928. 4. Resmed retrospective survey of patients ≥18 years old with obstructive sleep apnea registered in myAir using PAP therapy ≥4 hours per night. Survey June 2025 – September 2025. n=295. 5. Resmed retrospective survey of staff who offer general sleep health and product information. They are not medical professionals and cannot give medical advice.