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YOUR FIRST 7 DAYS WITH CPAP

A simple way to track your experience and questions

A BETTER START BEGINS WITH PAYING ATTENTION

Starting CPAP is a learning process. Use this tracker to jot down what you notice, record questions, and prepare for conversations with your healthcare provider or equipment team. A few words each day are enough.

How to use it: Complete a short entry each day, skip anything that doesn't apply, and bring your notes to your next conversation with your care team.

This tracker organizes your observations and questions. It does not measure treatment effectiveness or replace medical advice.

DAY 1 — Getting Started

Date: _____

Getting started felt: ☐ Comfortable with the basics ☐ Had questions ☐ Need more guidance

What would I like to remember?

Questions I have:

DAY 2 — Getting Used to the Routine

Date: _____

My routine feels: ☐ Familiar ☐ Still new ☐ I have questions ☐ I need help

What felt easy or challenging?

Questions I have:

DAY 3 — Comfort and Equipment

Date: _____

I have questions about: ☐ Mask fit ☐ Air leaks ☐ Dryness or irritation ☐ Cleaning

Equipment use ☐ Nothing today ☐ Something else: _____

Notes or questions:

DAY 4 — My Sleep Experience

Date: _____

What would I like to remember about my sleep experience?

Something I want to discuss with my healthcare provider:

MY CPAP EXPERIENCE

Days 5–7 and next steps

DAY 5 — Questions and Support

Date: _____

I would like help understanding: ☐ Equipment use ☐ Mask comfort ☐ My sleep experience

Symptoms or treatment questions ☐ Who to ask

My questions:

DAY 6 — Building My Routine

Date: _____

My CPAP routine is: ☐ Becoming more familiar ☐ Still takes effort

☐ I have concerns ☐ I would like more support

What might make the routine easier?

DAY 7 — Looking Back at My First Week

Date: _____

What have I learned about my routine?

What questions are still on my mind?

What would I like help with next?

PREPARING FOR MY NEXT CONVERSATION

Use this space to gather the questions you would like to ask. You don't need to have all the answers yourself.

For my healthcare provider or sleep specialist (symptoms, sleep experience, treatment concerns, or medical guidance)

1. _____
2. _____

For my CPAP equipment provider (equipment use, mask fit, comfort, cleaning, or troubleshooting)

1. _____
2. _____

My next step: ☐ Contact my healthcare provider ☐ Contact my equipment provider

☐ Ask for help deciding whom to contact ☐ Other: _____

A FRIENDLY REMINDER

You don't have to figure everything out on your own. Asking questions is a normal part of learning a new routine.

Contact your healthcare provider or sleep specialist about symptoms or treatment concerns. Your CPAP equipment provider may be able to help with equipment use, comfort, and troubleshooting.

Never change your prescribed CPAP pressure or treatment settings on your own. Follow your care team's instructions and ask for guidance when something doesn't seem right.