



Coronavirus Guidance for Sleep Disorder Patients

Updated 07/29/2020

The coronavirus pandemic is a rapidly evolving situation, and the medical community continues to learn more about the virus and how it is spread. We are monitoring CDC recommendations and adjusting our recommendations as necessary.

Everyone – including patients with chronic medical conditions – should practice basic infection control preventions to minimize the risk of getting or spreading coronavirus.

Please read about [basic prevention guidelines](#), which apply to all populations.

Additional guidance for our patients from the Sleep Disorders care team at Michigan Medicine includes:

Special guidance for patients using positive airway pressure (PAP) therapy

Based on limited evidence during the current coronavirus crisis, it is thought that PAP therapy (such as CPAP, BiPAP, ASV or AVAPS for treatment of sleep apnea) in an individual who has COVID-19 may disperse infectious particles into the air, increasing the chance that others will be infected. Dispersion may be increased by poorly fitting masks or high leak rates.

Based on evolving recommendations from the scientific community and other governing bodies, we currently suggest the following to limit potential spread of infection during the coronavirus pandemic:

1. Isolate yourself in a different room when using PAP therapy. This may help to limit exposure of other adults or children. If that is not feasible, please keep at least 6 feet of space between you and other people.
2. Use a well fitted mask or chin strap (if you are mouth venting while using a nasal mask) to minimize the risk of spread. Please note that you may be able to monitor your mask leak rates by using the PAP manufacturer digital applications such as AirView for ResMed, or DreamMapper for Philips, or by reviewing the screen on your unit each morning.
3. Clean your mask daily with a cleaning wipe. Please consider a change of mask if your present mask is made of foam during this COVID-19 pandemic.
4. Clean your hose at least every day. Wash the air tubing in warm water using mild detergent and hot water. Do not wash in a dishwasher or washing machine.
5. The humidifier chamber should be cleaned every other day. Fill the chamber daily preferably with distilled water. If distilled water is unavailable, boiled or purified water may be used temporarily.
6. Change or clear your filter for your PAP machine more frequently during this period, if feasible 1-2 times per week.
7. Cleaning the PAP unit should be a single person responsibility (preferably the patient if possible). Gloves and masks should be worn while cleaning the PAP unit and supplies.
8. Clean the surface (such as an end table) where the PAP unit is placed with commonly available anti-bacterial/viral sprays.

If you have COVID-19 or symptoms suggestive of COVID-19 (shortness of breath, cough or fever) we recommend that you seek urgent medical attention. You should also contact your doctor or clinical team treating your sleep apnea, discuss your pre-existing conditions, the devices you are using for treatment, and follow their advice on whether you should continue using PAP therapy.

The most important advice currently recommended for limiting the spread of COVID-19 is washing your hands, covering your sneeze and cough, wearing a mask, good hygiene, and social

distancing. Maintaining the cleanliness of your PAP device is always a good practice to reduce infection risk to anyone else from any contaminated surfaces.

If you have questions, please feel free to call or schedule a video visit with one of the adult or pediatric Michigan Medicine Sleep Disorders Clinics.

Contact Information

Michigan Medicine Sleep Disorders Center

734-936-9068 (Adults)

734-615-4302 (Pediatrics)