

Keeping the Wind in Your Sails: Travelling with Your CPAP Machine

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Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.

VISION, MISSION, VALUES AND PHILOSOPHY OF CARE

VISION

Healthy People, Healthy Saskatchewan

MISSION

We Care.

We work together to improve health and well-being; every day, for everyone.

VALUES

- **COMPASSION: *We are caring.*** We practice empathy. We listen actively to understand each other's experiences.
- **ACCOUNTABILITY: *We are responsible.*** We own each action and decision. We are transparent and have the courage to speak up.
- **RESPECT: *We are collaborative.*** We treat everyone with kindness, dignity, and empathy. We honour diversity and value each person as an individual.
- **EQUITY: *We are committed to health equity.*** We recognize that factors such as geographic location, culture, and background are key determinants of health outcomes. We embrace the diversity of our teams, and work to remove barriers to ensure all Saskatchewan residents and communities can access high-quality care.
- **SAFETY: *We are aware.*** We commit to physical, psychological, social, cultural and environmental safety. Every day. For everyone.

PHILOSOPHY OF CARE: Our commitment to a philosophy of Patient and Family Centred Care is at the heart of everything we do and provides the foundation of our values.



SHA Treaty Land Acknowledgement

Honouring Relationships with Indigenous People

We acknowledge that we are gathering on **Treaties 2, 4, 5, 6, 8 and 10** (Cree, Dené, Assiniboine/Nakota and Saulteaux) territories and the **Homeland of the Dakota, Lakota and Métis**.

Recognizing this history is important to our future and our efforts to close the gap in health outcomes between Indigenous and non-Indigenous peoples by knowing what the land and the traditional people of the land offer us.

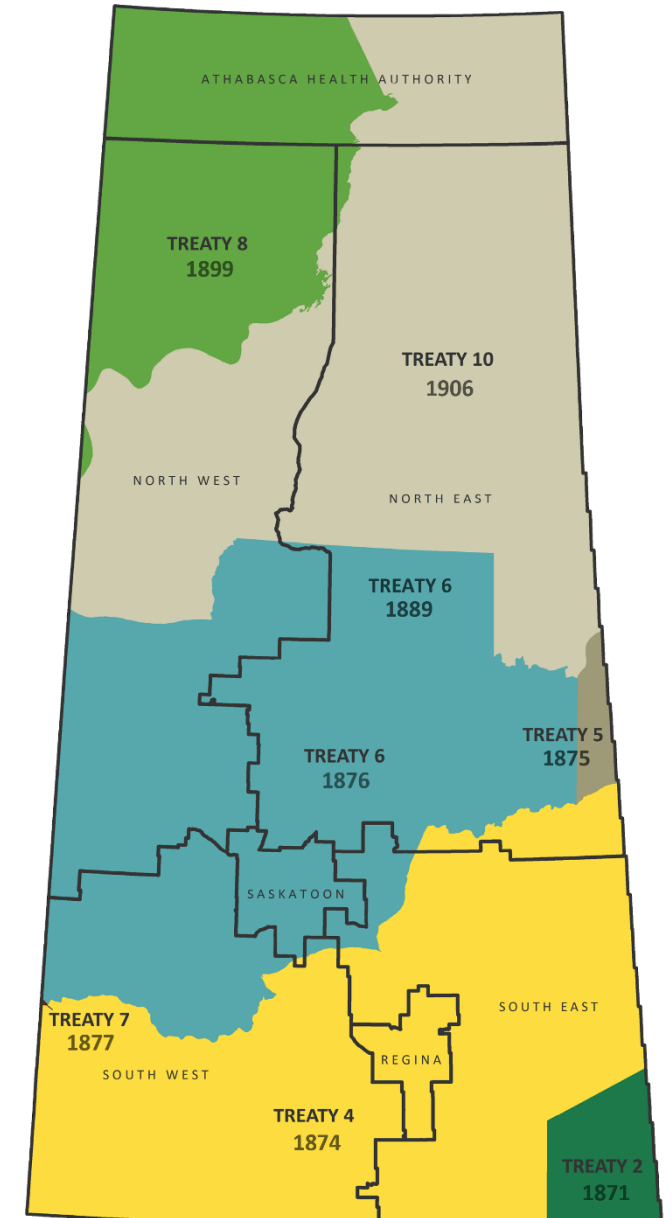
www.saskhealthauthority.ca/trc



Treaty Territories and Saskatchewan Health Authority Areas

Depictions of Treaty boundaries are subject to variation. These boundaries are usually not surveyed and are estimated based on written descriptions.

This map displays the Pre-1975 Treaties (Historic Treaties) in colour, as provided by Crown-Indigenous Relations and Northern Affairs Canada.



Travelling with Your CPAP Machine

Outline

- Do I Need to Take my CPAP when I travel?
- Tips for travelling
- Distilled water
- Camping and outdoor adventures
- Is travelling your occupation?
- Equipment designed for travel
- Equipment care while travelling



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Do I need to take my CPAP when I travel?

- Yes! It is recommended for you to take your CPAP machine when you travel.
- Traveling with your CPAP machine allows you to stay committed to your sleep apnea treatment while providing the freedom of travel
- Your travel companions may sleep better too!

Do I need to take my CPAP when I travel?

- Missing nights of CPAP therapy can worsen sleep apnea and symptoms may return. You might experience:
 - morning headaches
 - brain fog
 - daytime sleepiness
 - irritability
 - snoring

Tips for Travelling



- Make sure to use the provided travel bag
 - keeps equipment clean, organized, and safe
 - easy to carry
- When travelling abroad check with your CPAP supplier, some machines cannot run on other voltages and you may need to buy an adapter



Tips for Travelling

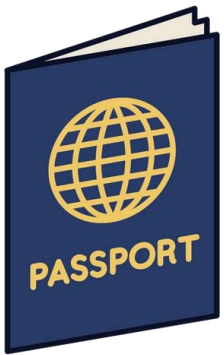
- When your machine is not in use ensure it is stored between the temperatures of -20 degrees Celsius to +60 degrees Celsius
- You may be able to remove the humidifier or water chamber to make your machine more compact (reduces weight and size)
- Bring an extension cord and power bar to ensure you have enough plug-ins



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Tips for travelling by airplane

- Review airline regulations
- Consult with your chosen airline company prior to travelling
 - When travelling to other countries you may need a power adapter
 - Safe to plug in and use on a long commercial flight, talk with your airline prior to flying to confirm



Tips for travelling by airplane

- Your machine is considered a piece of medical equipment so carry it on the plane (but does not count as a piece of carry on)
 - Mark your CPAP bag clearly – try using a colourful ribbon, pompom, or highly visible tag. Machines have been known to get mixed up!
 - If travelling with a SAIL machine, pack your yellow form or prescription in with your machine



Tips for travelling on a cruise

- Your machine is considered a piece of medical equipment so carry it on the plane (but does not count as a piece of carry on)
 - Cruise ships often have distilled water, call ahead or ask your travel agent to make sure this will be on board.

Distilled Water

- It is recommended to use distilled water in CPAP humidifiers even when travelling
- Distilled water goes through a rigorous process which removes impurities and minerals that may be found water sources or tap water
- Minerals can lead to buildup which then increases the risk of bacterial growth

Distilled Water

- What to use if you can't find distilled water:
 - Filtered water – Is an option if filtration system removes minerals and impurities effectively
 - Bottled water – Check labels for “distilled” or “purified” that indicate lower mineral content
 - Tap water – Generally not recommended. If you have to use tap water more rigorous cleaning will be required to remove mineral deposits. Mineral deposits can cause issues with your machine's performance and an increased risk of bacterial growth

Camping and Outdoor Adventures

- Consider location and accommodations
- Distilled water – Will it be available or do you pack it?
- Cold weather? You may need to pre-heat the humidifier, use a heated hose or insulate a regular hose to avoid “rain out”



Image by [Freeimages.com](#)

Camping and Outdoor Adventures

Is it a matter of power?



- 30 amp camp site
- If you are without power - backcountry camping or remote hunting and fishing – small and large batteries are available to purchase. You may not be able to use your humidifier.
- Power outage – small and large batteries (may require connector cable), back up generator

Is Travelling Your Occupation?

Long-haul Drivers

- Truck drivers face several challenges to using CPAP therapy while on the road.
 - Power sources
 - Auxiliary Power Unit
 - Power Inverter
 - Battery pack
 - Consider a travel CPAP as they draw less power



Image by [Freeimages.com](#)



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Outside Power Sources

- Note: any outside power source (batteries or inverters) must be compatible with the CPAP unit
- Please contact your CPAP supplier when considering alternate power sources for your CPAP

Equipment Designed for Travel

Mini CPAP

- Mini CPAPs can be more convenient for travel due to their small size.
- They do not have humidifiers and can be costly.



AirMini w/ N2O Setup Pack

*Note: Images not to scale

Equipment Designed for Travel

Waterless Humidification

- Waterless humidification - HumidX
 - Retains the moisture and heat from the air that you breathe and delivers it back into the breathing circuit
 - Only compatible with ResMed AirMini



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Equipment Care While Travelling

- Equipment care while travelling is the same as when you are at home
- Consider use of CPAP wipes for easy cleaning
- Ensure water chamber is empty when in transit
 - Prevents water from damaging the inside of the machine



REFERENCES – Tips for travelling

- <https://www.resmed.com/en-us/sleep-health/blog/cpap-travel-tips-flying-with-your-cpap-machine/>
- <https://www.vitalaire.ca/13-tips-travelling-cpap-machine>
- <https://www.catsa-acsta.gc.ca/en/what-can-bring/item/continuous-positive-airway-pressure-cpap-device>
- <https://www.sleephealthfoundation.org.au/sleep-disorders/travelling-with-cpap>
- <https://careicahealth.com/faqs/>
- <https://www.cpaponline.com.au/learn/article/resmed-airsense-10-travel-guide-cpap-freedom-unlocked/>

REFERENCES – Distilled water

- <https://careicahealth.com/can-i-use-non-distilled-water-in-my-cpap-humidifier/>
- [Should You Use Distilled Water for a CPAP Machine? | SleepApnea.org](#)
- Life on the Road: A Trucker's Guide to Using a CPAP Machine
May 20, 2024 https://www.cpapnation.com/blogs/news/life-on-the-road-a-trucker-s-guide-to-using-a-cpap-machine?srsId=AfmBOoo5Nq80VuPYE2b_BwuxJxVTxqpCURYN10Q0zsj4xP3XFA7PBZ_e



**Make sure the view
is the only thing
taking your
breath away...**

Questions?

END