How to solve problems? Troubleshooting Guide

Problem	Discomfort	Solution
Air leaks with nasal mask (1st choice)	Thirst and mouth dryness	Check for mouth leaks Use chin strap Use facial mask
Humidification	Nasal dryness, congestion, and rhinitis, nasal bleeding	Add heated humidifier Increase humidification Add heated circuit
Sleep	Sleep fragmentation	Check for air leaks or upper airway obstruction
Asynchronies	Aerophagia, eructation, flatulence, and abdominal discomfort	Reconsider inspiratory trigger synchrony and backup RR Decrease IPAP
Deventilation dyspnea	Morning breathlessness	Decrease IPAP
Inspiratory trigger asynchrony	Difficulty to trigger the breath	Increase inspiratory trigger sensitivity Increase EPAP if intrinsic PEEP suspected
Inspiratory trigger asynchrony	Auto trigger	Check for non-intentional leaks Decrease inspiratory trigger sensitivity
Flow asynchrony	Air arrives too quickly	Prolong rise time Decrease IPAP
Flow asynchrony	Not enough air	Decrease rise time Increase IPAP
Cycling asynchrony	Breath too short	Prolong expiratory trigger and maximum inspiratory time
Cycling asynchrony	Double triggering	Prolong expiratory trigger and maximum inspiratory time Increase IPAP
Cycling asynchrony	Breath too long	Shorten expiratory trigger and minimum inspiratory time
Rate asynchrony	No time to exhale	Decrease backup RR