

CPAP Essentials Guide

This guide covers the core essentials every new CPAP user needs to feel confident:

- CPAP Machine Basics
- Mask Types & Fit Tips
- Humidifier Settings
- Hose Management Essentials
- Cleaning Schedule (Daily / Weekly / Monthly)
- Comfort Troubleshooting (Leaks, Dryness, Pressure Issues)

Internal links should be added within WordPress for full SEO benefit.