

Prescribing CPAP with confidence



Discover insights and resources, like our easy-to-use CPAP therapy prescription template, to help provide the most effective care for your patients.



Scan the QR code or visit www.resmed.com/4stepsToCPAP to learn more.

Confidently navigate the sleep apnea pathway.

From initial screening to ongoing therapy — help your patients reclaim their rest, health and wellness in just **4 steps**.



STEP 1 Screen

Screen patients for sleep apnea



Understand the range of symptoms and risk factors of sleep apnea

- Common symptoms include: Snoring, excessive daytime sleepiness, fatigue, and low energy.¹
- Risk factors include: Older age, post-menopausal women, obesity, hypertension, diabetes, smoking and depression.¹⁻⁴



Use validated screening tools like the Epworth Sleepiness Scale (ESS) questionnaire along with sleep history, symptom review, and physical examination to assess for OSA.¹



STEP 2 Test

Order a sleep test for at-risk patients



Option 1– Home sleep test (HST):

Recommended for patients who have signs and symptoms of OSA and no other significant medical condition.⁵

Pathway for access:

Providers can order home sleep tests through an Independent Diagnostic Testing Facility (IDTF) offering virtual care and board- certified sleep specialists.



Option 2– In-lab sleep study (PSG):

Recommended for patients with complex medical histories who may benefit from comprehensive sleep diagnostics.⁵



STEP 3 Prescribe

Prescribe therapy



There are several treatment options for sleep apnea, with CPAP therapy being a highly effective and most widely used approach.⁶



Getting your patient on CPAP therapy is easy

1. Fill out an Rx script

- Choose APAP or CPAP
- Indicate min/max pressure: Use default or specify custom settings
- Select therapy accessories (mask, tubing, humidifier, filters)

2. Send documentation to HME/ DME

- Signed Rx script
- Sleep study
- Pre- test clinical evaluation
- Medical notes



STEP 4 Treat

Start treatment



Collaborate with an HME provider for PAP therapy setup patient education, and compliance monitoring.



Schedule a follow-up visit within 30–90 days of starting therapy.



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1. Rundo et al. Cleve Clin J Med. Sep 2019; 86(9 suppl 1):2–9 2. National Heart, Lung, and Blood Institute. (n.d.). Causes of sleep apnea. <https://www.nhlbi.nih.gov/health/sleep-apnea/causes> 3. Thompson et al. Sci Rep 12, 5127 (2022) 4. Young T, et al. Am J Respir Crit Care Med 5. Kapur et al. AASM 2017 Mar 15; 13(03): 479–504 6. Harvard Medical School, Division of Sleep Medicine. Understanding PAP. Page last reviewed April 16, 2021.

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