



Frequently Asked Questions

1. What is EPAP?

EPAP stands for Expiratory Positive Airway Pressure. EPAP devices have been shown in clinical studies to be safe and effective for treating snoring and mild to moderate sleep apnea.

2. What is Optipillows EPAP Mask?

The Optipillows EPAP Mask is an EPAP device integrated onto a nasal pillow mask. It looks like a nasal pillow CPAP mask but does not require a CPAP machine. Optipillows EPAP Mask is a nasal mask that generates positive pressure during exhalation.

3. How does OptiPillows work?

OptiPillows EPAP Mask allows you to inhale easily with minimal resistance, but during exhalation, the air is directed through a narrow side opening, creating back pressure in the nose and mouth, preventing upper airway collapse. The size of the side opening can be adjusted to change the pressure for more comfort. Start using the mask with the side opening wide open, and close it only after you feel comfortable and begin to fall asleep as usual.

4. Is Optipillows right for me?

There is clinical evidence that EPAP devices are safe and effective for use during sleep. Optipillows EPAP Mask may be a solution for your snoring. It is the only adjustable EPAP device on the market, allowing each individual to select the level of pressure that is right for them. It is also very comfortable. Like other EPAP devices, it may take a few nights to get used to it. If you cannot fall asleep, take it off. It will become easier and easier after each night.

5. How is EPAP different from CPAP?

CPAP, as the name indicates, provides continuous positive airway pressure throughout the breathing cycle. In contrast, OptiPillows EPAP mask provides positive pressure only during the expiratory phase of the breathing cycle.

6. How is Optipillows different from Theravent?

Both use expiratory resistance technology, but Optipillows EPAP mask is reusable, and easy to

wear. Furthermore, Optipillows EPAP mask has an adjustable expiratory resistance. In contrast, Theravent is disposable after one night's use and has a fixed expiratory resistance.

7. Can Optipillows replace my CPAP machine?

Optipillows EPAP mask is intended for use to treat snoring. For those with severe obstructive sleep apnea, it will not replace your CPAP. However, during travel, some CPAP users don't like to carry their CPAP with them. In such cases, one can use the Optipillows EPAP mask as another option.

8. Do I need a prescription?

You do not need a prescription to purchase Optipillows.

9. Can I use Optipillows during travel?

Optipillows EPAP mask is ideal for use during travel. You can store it in your pocket to use anytime, such as during flight or camping. No power supply is needed.

10. I have severe OSA. Is it safe to use Optipillows?

Optipillows is cleared only for alleviation of snoring, and it generates pressures between 1 to 15 cmH₂O to help alleviate upper airway obstruction and snoring. One needs to try it to see if it helps.

11. I have central sleep apnea, can I use Optipillows?

Patients with central sleep apnea should rely on their CPAP machines and should adhere to their prescribed therapy.

12. I use a full-face mask. Can I use Optipillows?

OptiPillows EPAP mask uses a nasal pillow type mask and may not be suitable for someone who needs a full-face mask.

13. How often should I replace my Optipillows?

Once a year, just like you would do with a CPAP mask.

14. I open my mouth sometimes. Is that a problem?

Opening the mouth occasionally to sigh or cough is not a problem while using EPAP devices. With CPAP, opening the mouth, causes dryness because of the high volume of air flowing through the mouth. Dryness of the nose or throat is not a problem with the EPAP mask.

15. I'm confused about how to wear Optipillows. What am I doing wrong?

Carefully follow the instructions on the insert that comes with your Optipillows. Make sure you have the proper size nasal pillows. Optipillows comes with three sizes: small, medium, and large (indicated by a clear stamp on the side of the pillows) and comes assembled with the medium size. Make sure the buckle is on top of the head with the writing "EPAP Mask" against the head. Make sure the pillows are attached to the valve properly with the "Up" stamp closest to the tip of the nose.