# AASM PAP Titration Guidelines: What You Need to Know Now

## CPAP

<table>
<thead>
<tr>
<th>Patients &lt; 12 years old</th>
<th>Patients &gt; 12 years old</th>
</tr>
</thead>
<tbody>
<tr>
<td>CPAP minimum = 4 cm/H2O</td>
<td>CPAP minimum = 4 cm/H2O</td>
</tr>
<tr>
<td>CPAP maximum = 15 cm/H2O</td>
<td>CPAP maximum = 20 cm/H2O</td>
</tr>
</tbody>
</table>

Increase Pressure by at least 1 cm/H2O every 5 minutes or more when you see the following:

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<thead>
<tr>
<th>Patients &lt; 12 years old</th>
<th>Patients &gt; 12 years old</th>
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</thead>
<tbody>
<tr>
<td>1 obstructive apnea</td>
<td>2 obstructive apneas</td>
</tr>
<tr>
<td>1 hypopnea</td>
<td>3 hypopneas</td>
</tr>
<tr>
<td>3 RERAs</td>
<td>5 RERAs</td>
</tr>
<tr>
<td>1 min. of loud or unambiguous snoring</td>
<td>3 min. of loud or unambiguous snoring</td>
</tr>
</tbody>
</table>

You have achieved an **optimal titration** when you see the following:

1. The Respiratory Disturbance Index (RDI) is < 5 per hour for a period of at least 15 minutes at the selected pressure and within the manufacturer’s acceptable leak limit.

2. The SpO2 is above 90% at the selected pressure.

3. Supine REM sleep at the selected pressure is not continually interrupted by spontaneous arousals or awakenings.
You have achieved a **good titration** when you see the following:

1. The Respiratory Disturbance Index (RDI) is < 10 per hour (or is reduced by 50% if the baseline RDI was < 15) for a period of at least 15 minutes at the selected pressure and within the manufacturer’s acceptable leak limit.

2. The SpO2 is above 90% at the selected pressure.

3. Supine REM sleep at the selected pressure is not continually interrupted by spontaneous arousals or awakenings.

You have achieved an **adequate titration** when you see the following:

1. The Respiratory Disturbance Index (RDI) is NOT < 10 per hour, but the RDI is reduced by 75% from baseline.

2. Criteria for optimal or good titration is met but you did NOT get a sample of supine REM at the selected pressure.

An **unacceptable titration** does not meet any of the above grades.

Bilevel Positive Airway Pressure

Switch to BPAP:

1. When the patient complains that he/she is uncomfortable or is intolerant of high CPAP pressures. (Document this on the record.)

2. When CPAP level is 15 cm/H2O and respiratory disturbances continue. (Document this on the record.)

Begin BPAP at EPAP 4 or the CPAP level at which obstructive apnea was eliminated: Set IPAP 4 cm/H2O higher.

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<th>Patients &lt; 12 years old</th>
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<tr>
<td>Minimum IPAP = 8, EPAP = 4 cm/H2O</td>
<td>Minimum IPAP = 8, EPAP = 4 cm/H2O</td>
</tr>
<tr>
<td>Maximum IPAP = 20 cm/H2O</td>
<td>Maximum IPAP = 30 cm/H2O</td>
</tr>
<tr>
<td>Minimum I/E difference = 4 cm/H2O</td>
<td>Maximum I/E difference = 10 cm/H2O</td>
</tr>
<tr>
<td>Maximum I/E difference = 10 cm/H2O</td>
<td></td>
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Increase both IPAP and EPAP pressure by at least 1 cm/H2O every 5 minutes or more when you see the following:

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Increase IPAP pressure by at least 1 cm/H2O every 5 minutes or more when you see the following:

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You have achieved an **optimal titration** when you see the following:

1. The Respiratory Disturbance Index (RDI) is < 5 per hour for a period of at least 15 minutes at the selected pressure and within the manufacturer’s acceptable leak limit.

2. The SpO2 is above 90% at the selected pressure.

3. Supine REM sleep at the selected pressure is not continually interrupted by spontaneous arousals or awakenings.

You have achieved a **good titration** when you see the following:

1. The Respiratory Disturbance Index (RDI) is < 10 per hour (or is reduced by 50% if the baseline RDI was < 15) for a period of at least 15 minutes at the selected pressure and within the manufacturer’s acceptable leak limit.

2. The SpO2 is above 90% at the selected pressure.

3. Supine REM sleep at the selected pressure is not continually interrupted by spontaneous arousals or awakenings.

You have achieved an **adequate titration** when you see the following:

1. The Respiratory Disturbance Index (RDI) is NOT < 10 per hour, but the RDI is reduced by 75% from baseline.

2. Criteria for optimal or good titration is met but you did NOT get a sample of supine REM at the selected pressure.

An **unacceptable titration** does not meet any of the above grades.