

My Best Practices for Reducing Acid Reflux and improving CPAP Comfort While Sleeping

Personal experience of Rick Johnson, IPF patient. Results may vary.

Greetings,

I am a PT with IPF, and a mild sleep apnea. With the help of the best practices shown here, I sleep with ease and comfort, taking full advantage of CPAP support and minimizing acid reflux.

Medication

My pulmonologist prescribes 20mg of Famotidine (Pepcid or similar) taken at night, before sleeping.

NOTE: Check with your doctor before taking any over the counter acid reflux medication.

Foam Wedge Pillows

These have revolutionized my sleep experience. I use two of them, laid side-by-side, across a queen-sized bed.



They are wrapped with a flat sheet, which serves as a pillowcase.

I no longer need a “pillow” because the wedge elevates my torso and head to a comfortable side or back sleeping position.



Wedge pillows can be found on Amazon or at other bedding retailers

Neck Pillow

I find that a neck pillow also prevents my head from tilting forward into a position that encourages acid reflux.

A neck pillow combined with a CPAP mask supports an open airway and good neck position.



Neck pillows can be found at Amazon, Target, Walmart or Travel store.

Questions?

You're welcome to reach out to rick@rickjohnson.us