

AAST COVID-19 Response: Frequently Asked Questions

- **Question:** I have some surgical masks that I intend to wear if I ever go to the grocery store again. Given that my “SoClean” machine uses UV light, will it also clean the surgical masks and still be safe to use and not contaminate my CPAP mask?
Answer: Thanks for your question. We reached out to SoClean via phone and email earlier today, but as of yet we do not have a response. However, according to their website under [Frequently Asked Questions](#), question number 8 states that “the SoClean 2 is only intended to maintain sleep equipment” We hope this helps and that you stay safe during this crisis.
- **Question:** How can I manage the stress and anxiety experiences of my family and myself?
Answer: Anxiety during these uncertain times is a concern, but we can often manage it via sleep, mindfulness exercises, breathing exercises, physical activity and one of the many free apps like the ones listed above on the [AAST COVID-10 Resource Page](#). Together we will get through this. One day and one moment at a time! Be well!
- **Question:** I work in a 4-bed Sleep Lab. We have currently closed due to the pandemic, and have not yet heard when we will reopen. When a decision is made to reopen, how will we know when it will be safe to do PAP titrations?
Answer: As there is still so much to be learned about this virus and how it tracks going forward, there is presently no concrete answer to your question. There are many considerations for reopening, including the location of the lab. Each state is setting up their own requirements and schedules for businesses and outpatient scheduling. Facility managers will ultimately consult the available information and make a decision for when it is safe to do CPAP titrations in the lab. In the meantime, I would encourage you to review [AAST COVID-19 Resource Page](#), the [AASM COVID-19 mitigation strategies for reopening sleep clinics and sleep centers](#), as well as consulting your state department of health.