

Free Resource: CPAP Restart Toolkit

Brought to you by Life & Luggage with CLL

Travel Light, Carry Love, Keep the Rhythm

Fell off routine after travel or illness? Getting back on track with your CPAP doesn't have to feel overwhelming. This toolkit provides structure and encouragement to rebuild your routine step by step.

Inside you'll find:

- Printable Daily Log (track usage each night)
- Weekly Summary (spot patterns & progress)
- 2-Week Checklist (accountability & motivation)

Oscar's Tip: "It's not about perfection — it's about rhythm. One night at a time, you'll find your flow again."



CPAP Daily Log

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Use this log to track your CPAP use each night.

Date	Hours Used	Mask Comfort (1-5)	Notes
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____



CPAP Weekly Summary

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Complete this once a week to track your progress and identify challenges.

Average hours per night: _____

% of nights used: _____

Challenges faced: _____

Wins this week: _____

Goals for next week: _____



CPAP 2-Week Restart Checklist

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Check off each day to stay accountable and track your restart progress.

Day	Used CPAP (Y/N)	Hours Slept	Quick Notes
1	_____	_____	_____
2	_____	_____	_____
3	_____	_____	_____
4	_____	_____	_____
5	_____	_____	_____
6	_____	_____	_____
7	_____	_____	_____
8	_____	_____	_____
9	_____	_____	_____
10	_____	_____	_____
11	_____	_____	_____
12	_____	_____	_____
13	_____	_____	_____
14	_____	_____	_____

