

# CPAP

## Fact Sheet



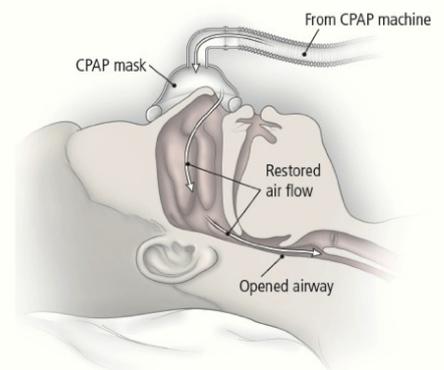
### What Is CPAP?

Continuous Positive Airway Pressure (CPAP) is the 'gold standard' treatment for sleep apnoea. Sleep apnoea is a sleep disorder characterised by a collapsing of the upper airways during sleep resulting in abnormal pauses in breathing. CPAP treats sleep apnoea by providing a gentle flow of positive air pressure into the airway to keep the airway open while you sleep. Treating the apnoea will help to consolidate your sleep cycle, resulting in a more restful and rejuvenating night's sleep.

### How Does CPAP Work?

There are three basic parts to the equipment: the CPAP machine, a mask, and a tube to link the two together. The CPAP takes air from the room and delivers it through the mask into your upper airway. The air acts like a splint to hold your airway open so that you can breathe more normally.

The machine is very quiet and because it prevents the upper airway from collapsing- **you will be too!** No longer will you wake your partner with your snoring.



### Benefits of CPAP

When used properly, CPAP can alleviate daytime symptoms and improve the co-morbid health concerns caused or worsened by sleep apnoea. You may notice the following:

- Improvement or elimination of daytime sleepiness and fatigue
- Reduced risk of heart disease, heart attack and stroke
- Reduced reliance on medications for hypertension and type 2 diabetes
- Elimination of morning headaches
- Improvement in concentration and memory
- Increased libido or reversal of impotence
- Improvement or elimination of depressive symptoms
- Improved mood
- Elimination of snoring

**See overleaf for information on CPAP trials with Sleep Australia**



# CPAP Trials

The trial with Sleep Australia is 1 month in duration and includes:

- The initial appointment: The first appointment will take approximately 1 hour during which the sleep scientist will explain your sleep study results and recommendations, and initiate treatment. You will have the opportunity to trial a number of different mask styles to find some options you are comfortable with. We will teach you how to use the equipment, how to take care of it and how to set it up at home.
- Weekly follow up phone calls: The machine will have a modem attached which will send us daily updates on how the therapy is going. Each week (and more often if necessary) you will speak to a scientist to discuss your weekly results and how you are feeling with the therapy. During these calls we will also make any necessary changes to your therapy.



- End of trial: Towards the end of the trial we will make a recommendation for your long term treatment. If the recommendation is to remain on CPAP we will provide you with a quote for the purchase of your own equipment based on your requirements during the trial. It will be up to you if you would like to purchase the CPAP equipment, continue to rent the equipment, or explore other treatment options, if applicable.

**\*Aspects of CPAP treatment such as masks, pressures and other settings are different for everyone. The purpose of the trial is to help determine the perfect treatment and equipment to meet your individual needs.**

## Ongoing Support

Once you have commenced long term treatment we will follow up with you every 6 months to organise a check-up. At this appointment we will service your equipment to guarantee that it is still in good condition and ensure that you continue to get the most out of your therapy.

Should you have any questions or need any additional support, we are always here to help!

**For more information or to book an appointment please contact us on 6298 8314**

