

Still find it uncomfortable?

- It takes time to adapt – usually at least 4 weeks of continuous use.
- If you are unable to sleep with it, try it when you are really tired, or for short periods during the day and gradually increase the time usage.



If you feel that the prescribed pressure is intolerable, your doctor may be able to adjust it.

Travelling with a CPAP machine

- There are smaller travel size (palm-sized) CPAP machines for users who are frequent travelers.
- Do remember to bring along a copy of your CPAP prescription as it may be required during custom clearance.



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Clinical Measurement Centre
(Sleep Diagnostics)
60900-003-0319
Information is correct at time of printing (March 2019).

SLEEP MEDICINE

CPAP Therapy

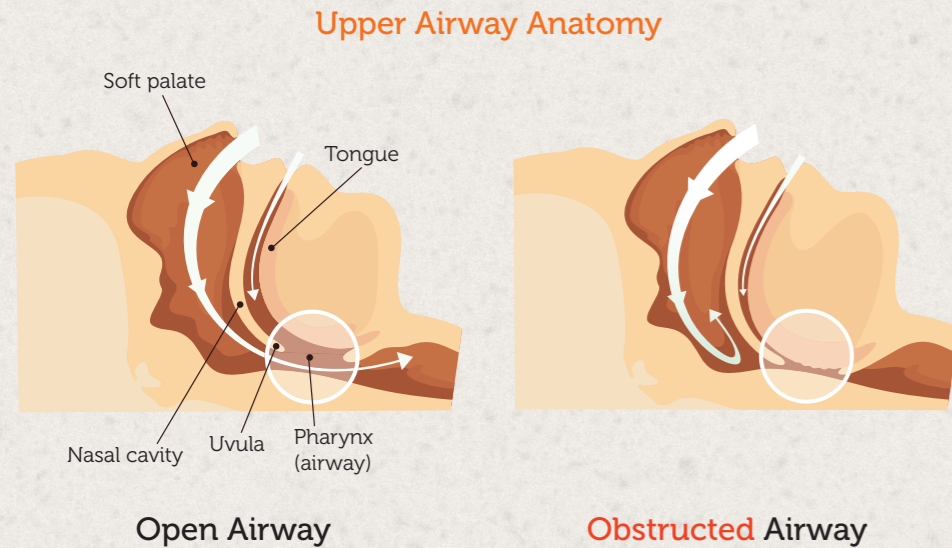


You have _____ OSA
 Your Apnea Hypopnea Index (AHI) is _____

Severity	Apnea Hypopnea Index (AHI)
Mild	≥ 5 to < 15
Moderate	≥ 15 to < 30
Severe	≥ 30

Obstructive Sleep Apnea (OSA)

is a condition when a person stops breathing repeatedly for short periods of time during sleep. It occurs when the muscles controlling the upper airway relax during sleep, resulting in a collapse or narrowing of the airway. This causes oxygen levels in the blood to decrease.



The **Apnea Hypopnea Index (AHI)** represents the number of apneas (pauses in breathing) and hypopnea events per hour of sleep during your sleep study and indicates the severity of your sleep apnea.

CPAP Therapy

Continuous **P**ositive **A**irway **P**ressure (**CPAP**) therapy is the gold standard and most effective non-surgical treatment for OSA.

The CPAP machine uses gentle air pressure to keep your airway continuously open, allowing you to breathe easily during sleep.

- Automatic CPAP varies the pressure through the night, giving you the necessary pressure to keep your airway open during sleep.
- Fixed CPAP provides constant air pressure through the night.

Mask Interface



Nasal Pillow



Nasal Mask



Full Face Mask

Benefits of CPAP therapy

- Reduces/eliminates apneas and snoring.
- Better sleep for yourself and your bed partner.
- Feeling more rested and alert during the day.
- Consistent use of CPAP can help control your blood pressure even during the day.
- Consistent use of CPAP can reduce the risks of heart disease and stroke.
- Improves memory and cognition.

Maintaining my CPAP

- ✓ Handwash with soap and lukewarm water
 - Mask/mask cushion daily
 - Head gear weekly
 - Tubing monthly
- ✓ Air dry away from direct sunlight.
- ✓ Hang up the tubing to dry, with the open ends facing down and away from sunlight.
- ✓ Use cooled boiled water or sterile water for the humidifier chamber.
- ✓ Empty the water before adding more.

Effective Tips and Tricks using CPAP

Having a dry nose or mouth?

- Caused by cold air blowing through your nose or keeping your mouth open.
- Use a heated humidifier.
- Get a chin strap to keep your mouth closed when a nasal mask is used.
- If you have a frequent blocked nose, talk to your doctor about decongestants or nasal sprays.

Eye, nose bridge and skin irritations?

- Caused by inappropriate mask fitting; excessive tightening/loosening of mask straps.
- Can be relieved by fitting the mask interface as per user guide.
- Snugly fit the head/mask strap without compromising on the mask leak threshold.