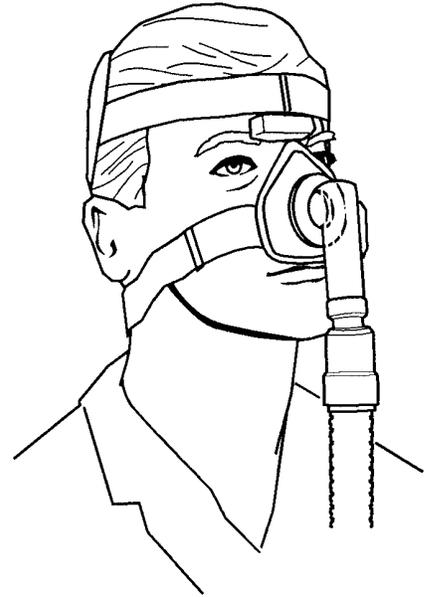
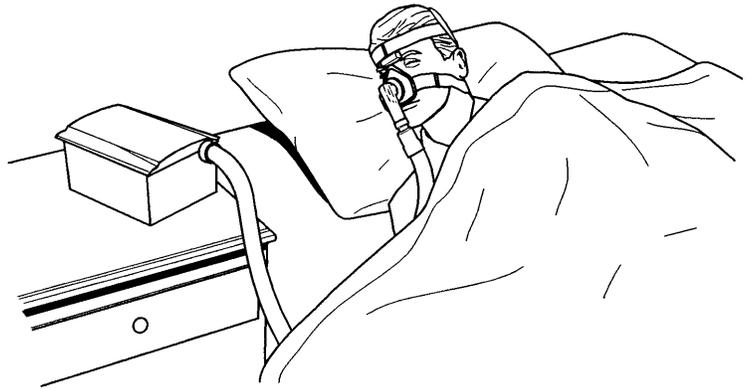


CPAP (Continuous Positive Airway Pressure)

The air passages of the nose and the throat of some people become blocked or collapse while they are sleeping. This airway collapse causes a blockage, which can cause breathing to stop briefly. When breathing stops for a short time, it is known as apnea. Apnea is a serious condition and needs to be treated. CPAP is the most common treatment for **obstructive sleep apnea**. This condition is diagnosed by doing a sleep study.



CPAP is used to keep the air passages open while you sleep. A small air blower in the CPAP machine pushes air through a flexible tube. The tube attaches to a mask that fits over your nose, or nose and mouth while you sleep. The constant flow of air through the tubing prevents the air passages in your nose and throat from collapsing so your breathing does not stop.

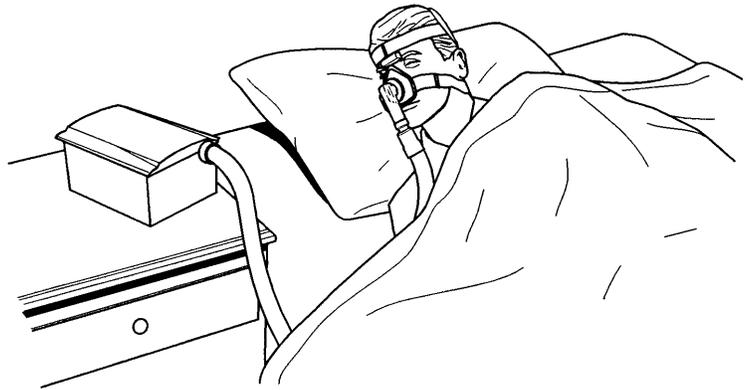
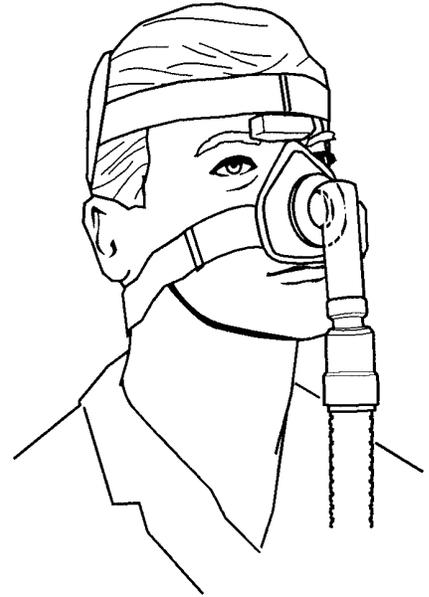


CPAP（连续正气压睡眠呼吸机）

有些人睡眠时，鼻喉部的呼吸信道会发生阻塞或塌陷。呼吸信道塌陷会导致阻塞，可导致呼吸短暂停止。呼吸短暂停止，即为睡眠呼吸暂止症。睡眠呼吸暂止症是严重的疾病，必须进行治疗。

CPAP 是阻塞性睡眠呼吸暂止症最常用的治疗手段。要诊断此症，需要进行睡眠检查。

CPAP 用于保持睡眠时呼吸信道处于开启状态。CPAP 呼吸机内有一个小型的鼓风机，通过软管输送空气。软管连接在面罩上，睡眠时面罩放在鼻子上或口鼻部位。空气在软管内保持流动，可防止鼻喉呼吸信道发生塌陷而导致呼吸停止。



CPAP needs to be used every time you sleep to stop the apnea from occurring. If it is not used or not used correctly, apnea will return. Always take your CPAP with you when traveling or if you are admitted to the hospital.

Most people find using CPAP helps them feel more rested. Some people may feel embarrassed about using the device. It may take time to get used to wearing it. If the mask feels uncomfortable, have your mask changed or adjusted for more comfort. Talk to your doctor or nurse if you have problems.

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为了防止睡眠呼吸暂止症的发生，每次睡眠时均须使用 CPAP 呼吸机。如果不使用或使用不当，睡眠呼吸暂止症会复发。出外旅行或住院时，都需要携带 CPAP 呼吸机。

大多数人使用 CPAP 呼吸机后，都能改善睡眠效果。有些人可能因为使用呼吸机而觉得不好意思。可能需要一段时间才能适应呼吸机的使用。如果面罩不舒适，可请人改造或调整面罩，提高舒适度。如果遇到问题，请告诉医生或护士。

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CPAP (Continuous Positive Airway Pressure). Simplified Chinese