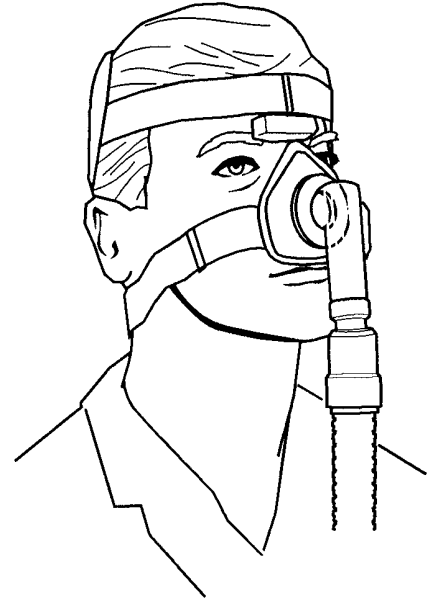
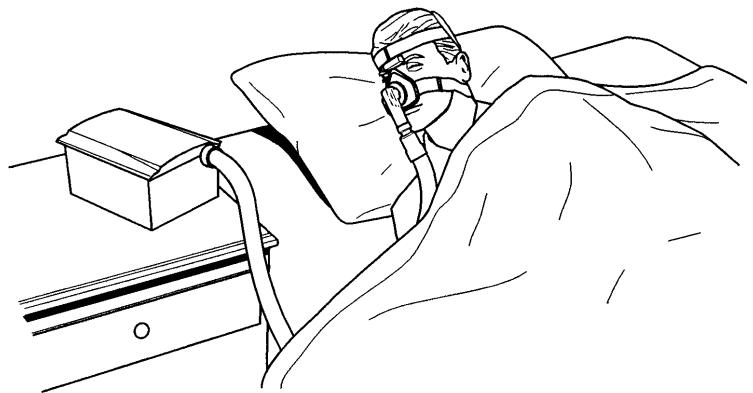


CPAP (Continuous Positive Airway Pressure)

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.



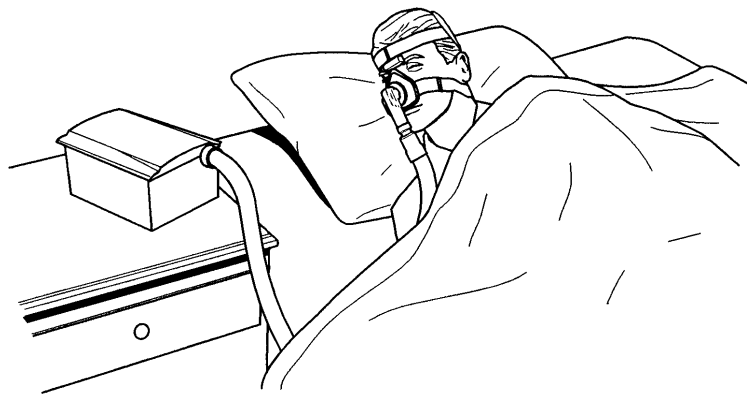
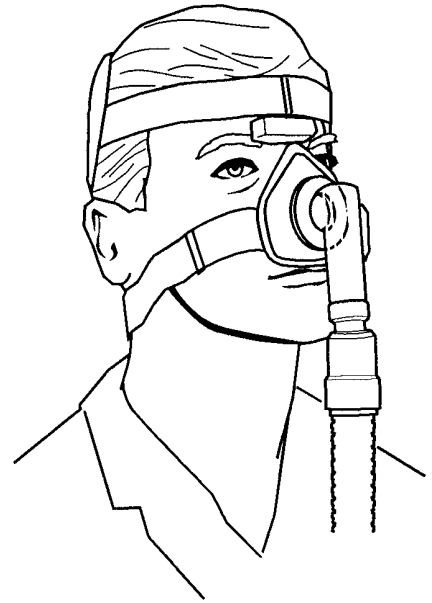
CPAP is used to keep the air passages open while you sleep. A small air blower in the CPAP machine pushes air through a flexible tube. The tube attaches to a mask that fits over your nose, or nose and mouth while you sleep. The constant flow of air through the tubing prevents the air passages in your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



CPAP（連續正氣壓睡眠呼吸機）

有些人睡眠時，鼻喉部的呼吸通道會發生阻塞或塌陷。呼吸通道塌陷會導致阻塞，可導致呼吸短暫停止。呼吸短暫停止，即為睡眠呼吸暫止症。睡眠呼吸暫止症是嚴重的疾病，必須進行治療。CPAP 是阻塞性睡眠呼吸暫止症最常用的治療方法。要診斷此症，需要進行睡眠檢查。

CPAP 用於保持睡眠時呼吸通道處於開啓狀態。CPAP 呼吸機內有一個小型的鼓風機，透過軟管輸送空氣。軟管連接在面罩上，睡眠時面罩放在鼻子上或口鼻部位。空氣在軟管內保持流動，可防止鼻喉呼吸通道發生塌陷而導致呼吸停止。



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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爲了防止睡眠呼吸暫止症的發生，每次睡眠時均須使用 CPAP 呼吸機。如果不使用或使用不當，睡眠呼吸暫止症會復發。出外旅行或住院時，都需要攜帶 CPAP 呼吸機。

大多數人使用 CPAP 呼吸機後，都能改善睡眠效果。有些人可能因爲使用呼吸機而覺得不好意思。可能需要一段時間才能適應呼吸機的使用。如果面罩不舒適，可請人改造或調整面罩，提高舒適度。如果遇到問題，請告訴醫生或護士。

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CPAP (Continuous Positive Airway Pressure). Traditional Chinese