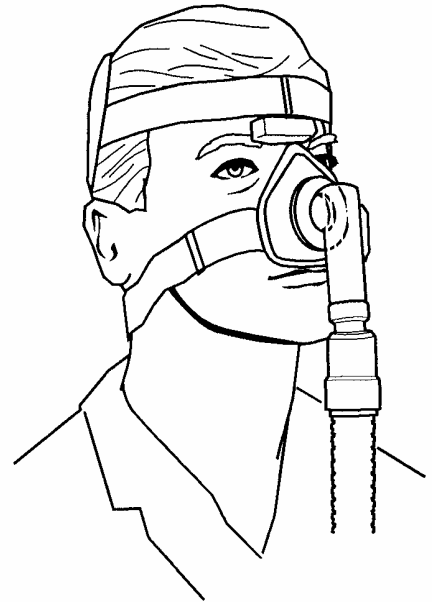


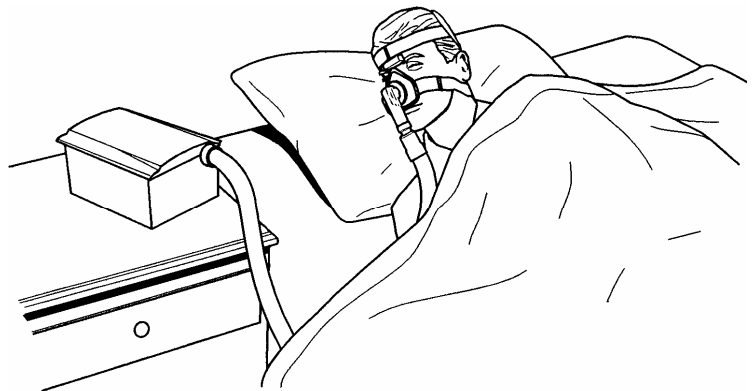
# CPAP (Continuous Positive Airway Pressure)

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 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.