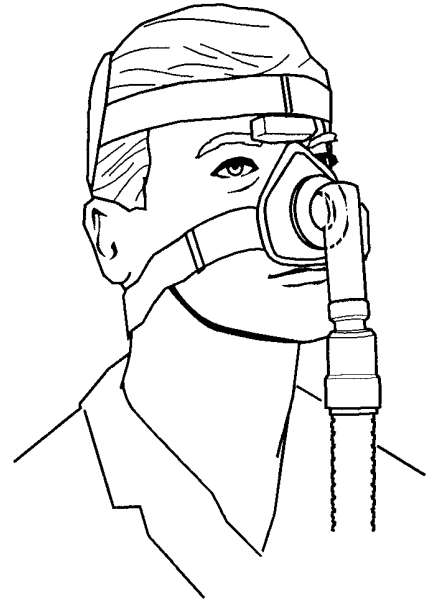
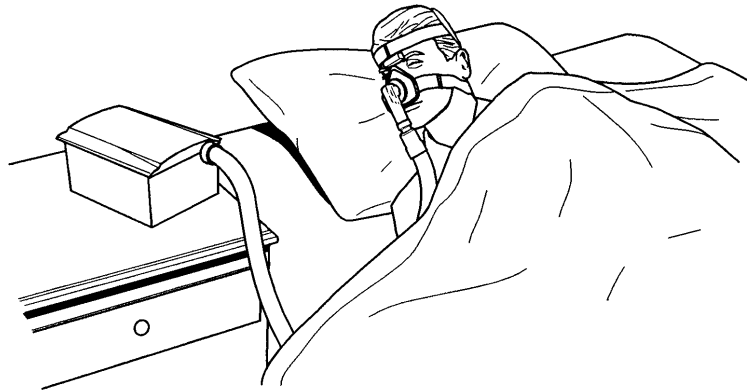


CPAP (Continuous Positive Airway Pressure)

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.

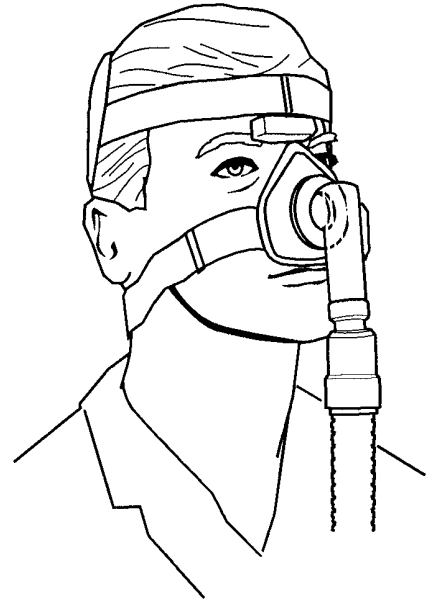


CPAP is used to keep the air passages open while you sleep. A small air blower in the CPAP machine pushes air through a flexible tube. The tube attaches to a mask that fits over your nose, or nose and mouth while you sleep. The constant flow of air through the tubing prevents the air passages in your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

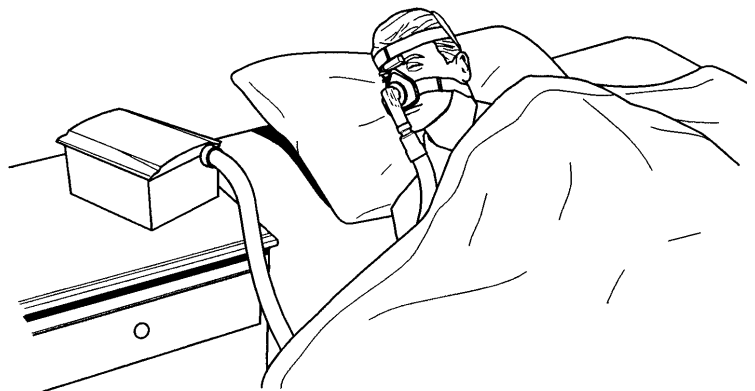


経鼻持続陽圧呼吸器 (CPAP)

寝ている間に鼻や喉の気道が閉塞したり虚脱する人がいます。この気道の虚脱が閉塞を生じさせ、呼吸が一時的に止まってしまう場合があります。この一時的な呼吸停止は無呼吸症候群と呼ばれます。無呼吸症候群は深刻な症状で治療が必要です。CPAPは閉塞性睡眠時無呼吸症候群の一般的な処置です。障害の診断は睡眠検査により行われます。



CPAPは睡眠中に気道を確保するために使用されます。CPAP装置内の小さな送風機がフレキシブルチューブを経由してエアを強制的に送り込みます。睡眠中に鼻または鼻と口の上に装着するマスクにチューブが取り付けられます。チューブを通してエアを常時送り込むことで、鼻および喉の気道が虚脱するのを防ぎ、呼吸を続けることが可能になります。



CPAP (Continuous Positive Airway Pressure). Japanese

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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無呼吸発作が起きないために、寝るときは常に CPAP を使用する必要があります。使用しなかったり、使用法を誤ると発作がぶり返します。旅行中や入院時には常に CPAP を携帯してください。

CPAP を使用するほとんどの人はしっかりと休めていると感じています。装置を使用することに戸惑いを覚える方もいます。装着に慣れるまでには時間がかかる場合もあります。マスクが不快な場合はマスクを替えたり、付け心地が良くなるように調整してください。問題があるときは、主治医または看護師にご相談ください。

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CPAP (Continuous Positive Airway Pressure). Japanese