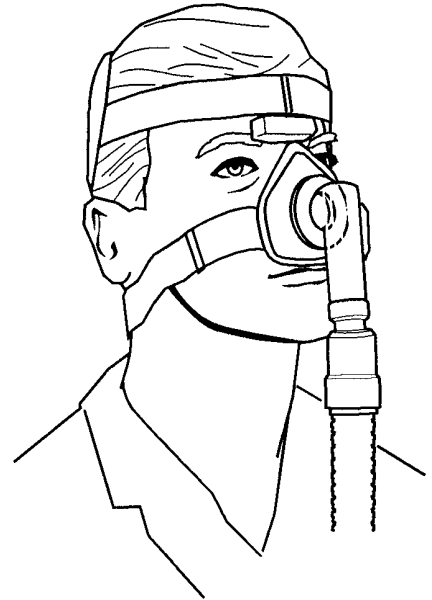
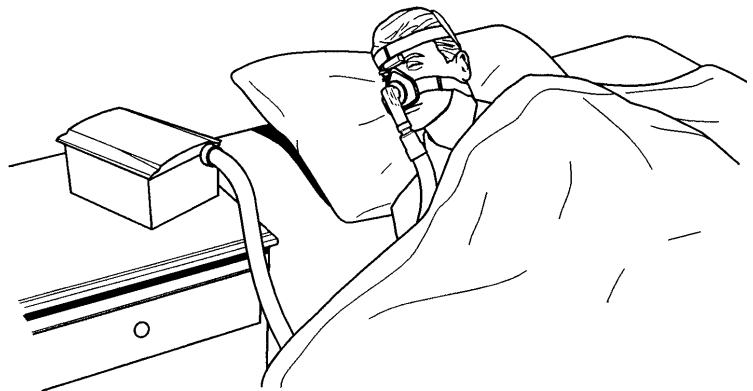


# CPAP (Continuous Positive Airway Pressure)

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.

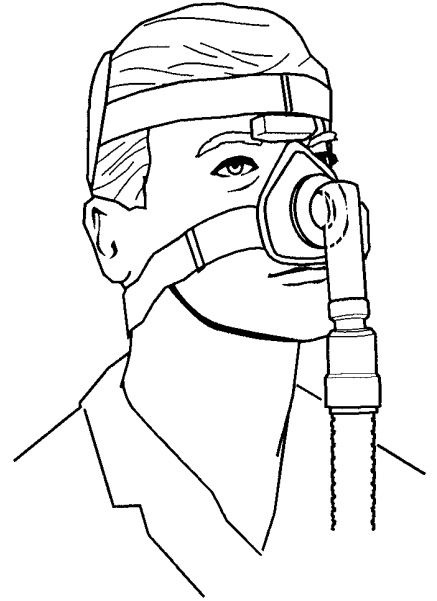


CPAP is used to keep the air passages open while you sleep. A small air blower in the CPAP machine pushes air through a flexible tube. The tube attaches to a mask that fits over your nose, or nose and mouth while you sleep. The constant flow of air through the tubing prevents the air passages in your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

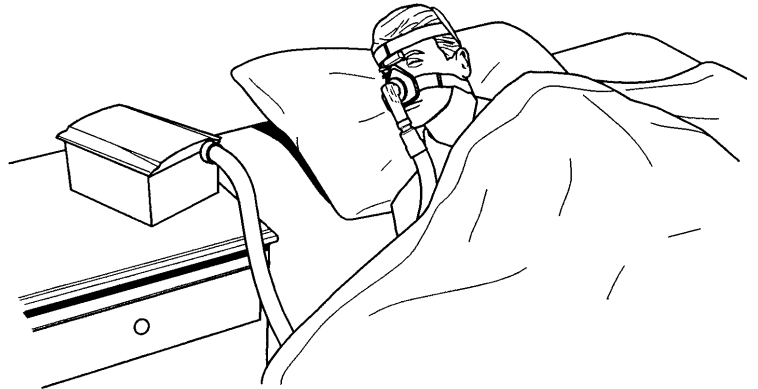


# Cadaadis-saarista Joogtada ah ee Marinada Hawada (CPAP) (Continuous Positive Airway Pressure)

Marinada hawada ee sankaa iyo cunaha/dhuunta ee dadka qaarkood ayaa gufeysma ama isku duma inta ay hurdaan. Dumista marinka hawada waxay sababtaa gufeysanaan, taasoo keenta in neefsashadu joogsato mudo gaaban. Marka neefsashadu joogsato mudo gaaban, waxa loo yaqaanaa neef-joogsiga hurdada (apnea). Neef-joogsiga hurdadu waa xaalad culus waana in la daweeyo. Cadaadis-saarista joogtada ah ee marinada hawada (CPAP) ayaa ah daweynta ugu caansan ee lagu daweeyo **neef-joogsiga hurdada ee gufeysanka ah**. Xaaladdan waxa la ogaadaa marka la sameeyo daraasad hurdo.



Waxa la isticmaalaa caadaadis-saarista joogtada (CPAP) si loo furo marinada hawada inta aad huridid. Hawo buufiye yar oo ku jira mishiinka CPAP ayaa hawada ku soo riixa tuubo jilicsan. Tuubadu waxay ku xidhan tahay waji-shareer/maasgaro qarabaya sankaa, ama sankaa iyo afka inta aad huridid. Socodka hawada ee joogtada ah ee soo maraysa tuubada ayaa marinada hawada ee sankaa iyo cunaha/dhuunta u diidaya inay isku dumaan, sidaa daraadeedna neefsashadaadu ma joogsanayso.



CPAP (Continuous Positive Airway Pressure). Somali

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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Waxa loo baahan yahay in la isticmaalo cadaadis-saarista joogta ah (CPAP) wakhti kasta oo aad seexatid si aan neef-joogsigu u dhicin. Haddii aan la isticmaalin, ama si khalad ah loo isticmaalo, waxa soo noqon doona neef-joogsiga. Wakhti kasta oo aad safraysid ama lagu dhigo cisbitaalka sii qaado mishiinkaaga neef-joogsiga (CPAP).

Dadka intooda badan ee isticmaala mishiinka CPAP waxay dareemaan in mishiinku uu caawiyay. Waxa laga yaabaa in dadka qaarkood ka xishoodaan isticmaalka qalabkan. Waxay qaadan kartaa wakhti in la barto isticmaalkiisa. Haddii waji-shareer/maasgaradu aanay raaxo lahayn, ha lagaa beddelo waji-shareer/maasgarada ama ha lagu hagaajiyo si uu kuu le'ekaado. La hadal dhakhtarkaaga ama kalkaalisada haddii aad qabtid dhibaatooyin.

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CPAP (Continuous Positive Airway Pressure). Somali