What is Sleep Apnea?

- Common disorder in which one has pauses in breathing while sleeping
- Chronic condition disrupting sleep
- Results in poor sleep and daytime sleepiness
What is Sleep Apnea?

- Airway collapses or becomes blocked causing shallow breathing/breathing pauses
- Affects around 18 million people in US
- Often is undiagnosed
- Cannot be detected from doctor visit
Sleep Apnea Causes

- Muscles in the back of your throat relax
- Airway narrows causing difficulty breathing
- Level of oxygen in blood decreases
- Your brain senses this and awakens you
- Pattern repeats once to 30 times or more per hour
Untreated sleep apnea increases risk of:

- high blood pressure
- heart attack
- stroke
- obesity
- diabetes
- heart failure
- day-time fatigue
- liver problems
- sleep-deprived partners
Solution to Sleep Apnea

- Long-term management is required
- Mouthpieces, surgery, & breathing devices can successfully treat sleep apnea
CPAP Machine

- Also known as a “continuous positive airway pressure” device
- Most effective way for treating obstructive sleep apnea
How CPAP Works

- Used at home
- Increases air pressure in your throat so that your airway does not collapse when you breathe in
- Consists of a mask that covers either your nose and mouth or just your nose
How CPAP Works

- Traditional CPAPs require patient to manually input desired pressure
- Others automatically change air pressure
- Humidifies air
- Monitors breathing
- Price ranges from around $100-$2000
Continuous Positive Airway Pressure (CPAP) Machine

CPAP machine with nasal pillow mask, ballcap-style straps

- Full face mask, side straps
- Nasal pillow mask, ballcap-style straps
- Nasal pillow mask, side straps
CPAP Uses

- moderate to severe sleep apnea
- coronary artery disease
- heart failure
AirSense™ 10 AutoSet CPAP Machine with HumidAir™ Heated Humidifier

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Results

- Decreases daytime sleepiness
- NCPAP (nasal continuous positive airway pressure) lowers blood pressure during both day and night
- Better than other nonsurgical methods
- Most effective for treating sleep apnea
- Decreases risk of heart problems such as heart failure
Risks

- nightmares
- excessive dreaming
- dry nose
- sore throat
- nasal congestion
- running nose
- sneezing

- irritation of eyes
- irritation of skin
- abdominal bloating
Problems associated with CPAP

1. The wrong size or style CPAP mask
2. Trouble getting used to wearing the CPAP device
3. Difficulty tolerating forced air
4. Dry, stuffy nose
5. Feeling claustrophobic
6. Leaky mask
7. Difficulty falling asleep
8. Dry mouth
9. Unintentionally removing mask during the night
10. Annoyed by the noise
Conclusion

- Sleep is very important for one’s mental and physical health
- Sleep apnea is one condition that cannot be untreated
- CPAP is the most effective way to treat sleep apnea and the outcome is worth it
References


