

CPAP Therapy for Sleep Apnea

(Continuous Positive Airway Pressure)

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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



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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

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