

PAP TREATMENT *for sleep apnea*

EVERY THERAPY MASKS
SLEEP DISORDER
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SURE AWAKE OXYGEN THERAPY
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BEDTIME MEMORY BREAT
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TREATMENT OXYGEN PR



The American Academy
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WHAT IS OBSTRUCTIVE SLEEP *apnea?*

Obstructive Sleep Apnea, or OSA, is a common sleep disorder. If you have OSA, it means that your airway collapses part or all of the way while you are sleeping. The airway can collapse repeatedly during the night. The air going to your lungs is decreased, and your brain wakes your body, so you can start breathing again. The decreased oxygen and frequent nighttime awakenings negatively affect your health.

WHAT HAPPENS IF OSA IS UNTREATED?

Risks of untreated OSA include:

- Heart attacks
- Stroke
- Depression
- Greater likelihood of diabetes

Studies show that PAP therapy may help people with OSA live longer.

LEARN ABOUT THE BENEFITS OF OSA TREATMENT

HOW CAN I TREAT MY OSA?

If you have been having symptoms or were recently diagnosed with OSA, you may be wondering what your next step is. The good news is that Positive Airway Pressure therapy, or PAP therapy, can prevent or reverse the serious consequences of OSA.

PAP therapy has been shown to help:

- Blood pressure
- Mood
- Memory



WHAT IS PAP THERAPY?

PAP therapy helps people with all levels of OSA, from mild to severe. It is the most common therapy for OSA. There are different forms of PAP therapy. All forms of PAP help by keeping the airway open during the night. These devices provide a stream of air through a mask you wear while you sleep. The airstream prevents your airway from closing, so you don't stop breathing and wake up during the night. The mask must fit and make a seal in order to keep your throat open. A good mask seal will prevent air leaks and maintain the right level of air pressure. The amount of air pressure needed is different for each person.



CPAP: CPAP devices deliver a constant level of air pressure throughout the night. The level of pressure is determined by your health care provider. A sleep study may be necessary to determine the pressure level.

APAP: APAP therapy automatically raises or lowers the air pressure as needed during the night.

BPAP: BPAP devices have two levels of pressure: a higher level when you breathe in and lower level when you breathe out. If you have a problem with CPAP or APAP, a health care provider might have you try BPAP. It is also used when you have OSA along with another breathing disorder.

PAP therapy gives people with OSA more energy and reduces daytime sleepiness.

WHAT ARE THE TYPES OF MASKS AVAILABLE?

The most common kinds of masks are:

NASAL MASK: This mask only covers your nose and is the most common PAP mask.

FULL FACE MASK: This mask covers both your nose and your mouth. This type of mask may help if you have air leaks when using a nasal mask.

NASAL PILLOWS: This mask uses soft silicone tubes that fit directly in your nose. Using nasal pillows may help if you have air leaks or don't like the feeling of a mask over your nose or face.

DO I HAVE TO CLEAN MY PAP DEVICE?

Regular cleaning is important to make sure your PAP device stays clean and works correctly. Each device may have different cleaning needs. Ask your home equipment supplier for details about how and when to clean your device and accessories.

WHAT HAPPENS WHEN I TRAVEL?

You can take your PAP device with you. A travel case for the device and accessories often comes with the machine or can be purchased. Airport x-ray screening does not harm PAP machines.

WHAT IF I DON'T LIKE PAP THERAPY?

Your health care provider and home equipment supplier can work with you to find solutions to your problems. There are many things that you can try.

Pap therapy solutions include:

- Accessories such as masks or special pillows
- Different options on your device, like ramp mode
- Different form of PAP

Speak with your health care provider if you have any questions about PAP treatment for OSA.

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