



CPAP (continuous positive airway pressure) therapy

You have been given a CPAP machine to take home and use. This is because Obstructive Sleep Apnoea (the stopping breathing whilst asleep due to airway collapse) has been confirmed. CPAP splints the airways open to prevent this happening. You must use this machine every night because it will enable you to breathe normally whilst asleep which should help you to have a better quality sleep resulting in reduction or elimination of daytime drowsiness.

This is a long-term loan machine. If you move out of area or do not need it anymore, then it must be returned to us.

Initially it may take time to adjust to the machine and mask but this is normal and it is very important for your health to persist with it until you are comfortable using it. CPAP therapy improves health by taking the strain off of your heart which leads to a reduction in risk of heart attack or stroke.

Cleaning

Machine should be kept clean using a damp cloth **weekly**. If your machine has a humidifier, the heater plate and surrounding area also need to be kept clean to prevent bacteria growing there.

Hose needs to be rinsed through with warm soapy water **every week**. Hold both ends in one hand, covered by your palm; give a w-3 (a)-5 (w-3 (a)-5 (w-3 o)-3 (m)T0 12 Tfp(b)--3 (in)88(b)-bmrow

