

### How does Nasal CPAP work?

A Nasal CPAP unit delivers lightly pressurized air through a hose to a small nose mask. The flow of the air acts like an “air splint” to keep the upper airway open and prevent apnea. You will experience almost immediate and total relief with Nasal CPAP treatment.

### How often do you use Nasal CPAP?

You will need to use nCPAP only during the time you normally sleep. You will receive thorough instructions at the Sleep Diagnostic Laboratory at Sidney Health Center and from your homecare dealer before using it at home.

You and your family will learn the proper assembly and disassembly of accessories and how to operate the Nasal CPAP unit. With proper training, the equipment is easy to use.

### What will Nasal CPAP do for you?

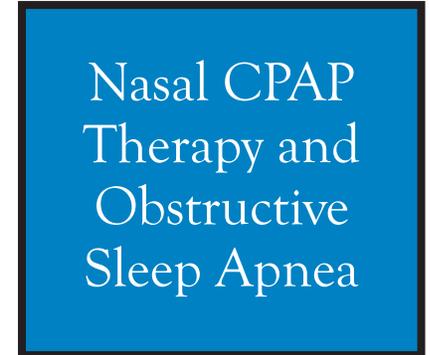
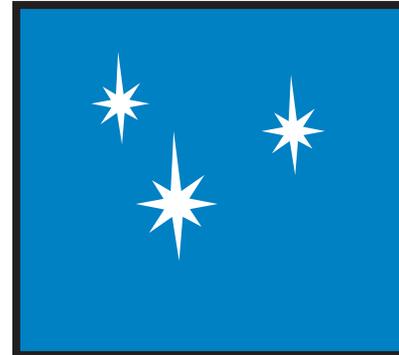
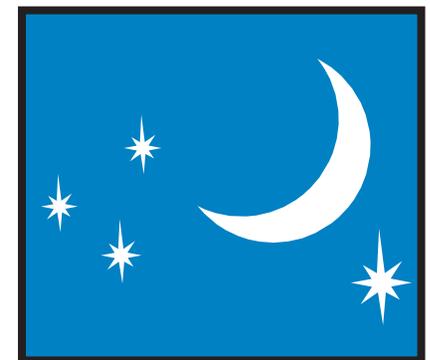
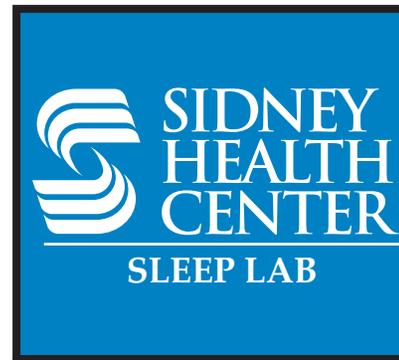
Nasal CPAP will help you breathe better during your sleep. This means your sleep won't be interrupted during the night, and you will be able to get enough of the right kind of rest. You should notice some of the following effects: less daytime sleepiness, feeling more alert, improved memory, more motivation, better work performance, and an overall improved outlook of life.

*If you have any questions or require additional information regarding the testing, analysis or treatment of sleep disorders, please contact us at:*



Lynae Volk  
CRT PSGT  
Sleep Lab Coordinator

216 14th Avenue SW • Sidney, MT 59270  
406-488-2171 • 1-800-331-7575 • FAX: 406-488-2125



A better understanding of Nasal CPAP and Obstructive Sleep Apnea



This information is presented to help you better understand Obstructive Sleep Apnea (OSA) and Nasal Continuous Positive Airway Pressure (Nasal CPAP) Therapy.

### What is obstructive sleep apnea?

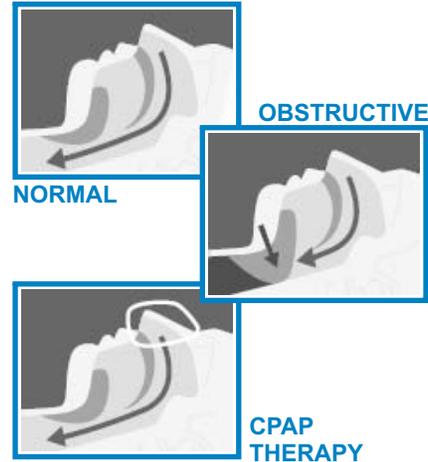
Normally during sleep, the muscles which control the tongue and soft palate hold the airway open. If these muscles relax, the airway becomes narrower which causes snoring and breathing difficulties. If these muscles relax too much the airway can become completely blocked preventing breathing. This Obstructive Sleep Apnea.

After a period of time which may be anything from ten seconds to two minutes, the brain realizes there is a lack of oxygen and alerts the body to wake up. Though the sufferer is often not aware of it, this cycle can happen several hundred times during the night, severely disrupting sleep.

### How can I tell if someone has OSA?

You can often tell if someone has OSA. If you listen while they sleep, you will hear snoring followed by a period of silence. There may be a loud snort or a gasp as they start breathing again. Many people with OSA experience tiredness during the day. They may fall asleep at work, while driving a car, in the middle of a conversation, while reading, or watching television. Due to lack of sleep and the stress of trying to conduct a normal life, people with OSA are often irritable. Other more serious consequences associated with OSA include depression, high blood pressure, serious heart conditions, sexual problems, memory lapses, intellectual deterioration and morning headaches.

Although many people haven't heard of OSA, it is a common condition affecting up to 10% of the population. It can also affect people at any age - from newborn babies to adults of either sex.



Normally, during sleep, the muscles which control the tongue and soft palate hold the airway open. If these muscles relax, the airway narrows, causing snoring and breathing difficulties. If these muscles relax too much, the airway can become blocked, preventing breathing.

*Illustrations courtesy of Respironics*

### How is OSA treated?

The most common treatment is nasal continuous positive airway pressure (Nasal CPAP). Nasal CPAP doesn't involve drugs or surgery and is immediately effective. It is now recommended by the majority of physicians worldwide and is bringing relief to many thousands of sufferers. However, there are several additional treatment options as well: surgical interventions such as nasal operations (LAUP & UPPP), medications and alternative treatment.

### How is the pressure found for home use?

If your physician has recommended Nasal CPAP treatment for your OSA, a Nasal CPAP evaluation is performed at the Sleep Diagnostic Laboratory at Sidney Health Center. On occasion, physicians recommend a split-night (diagnosis/treatment) evaluation. This study will require you to be awakened within 2-3 hours after "lights out". If you do suffer from OSA, the technician will apply the Nasal CPAP device for the remaining 3-4 hours of the study.

After educating and fitting you for Nasal CPAP, the technician will apply all the standard electrodes for the sleep study and monitor you from a nearby room. The technician will increase and decrease pressures to ensure an optimal pressure of Nasal CPAP to eliminate all apneic/hypopneic events while sleeping in all body positions and sleep stages.