



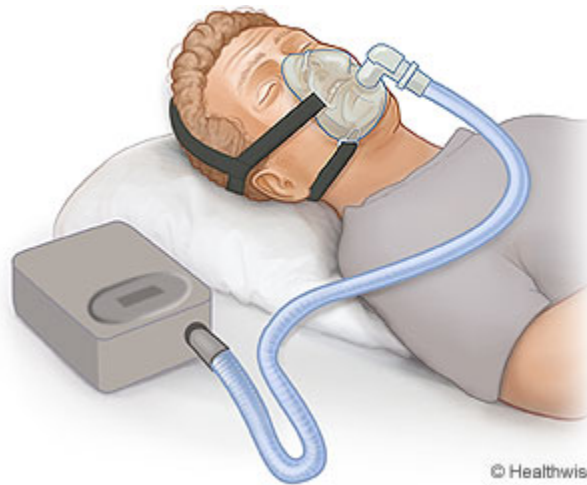
CARE INSTRUCTIONS

KAISER PERMANENTE

Learning About CPAP for Sleep Apnea

Your Kaiser Permanente Care Instructions

CPAP is a small machine that you use at home every night while you sleep. It increases air pressure in your throat to keep your airway open. When you have sleep apnea, this can help you sleep better so you feel much better. CPAP stands for "continuous positive airway pressure."



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The CPAP machine will have one of the following:

- A mask that covers your nose and mouth
- Prongs that fit into your nose
- A mask that covers your nose only, the most common type. This type is called NCPAP. The N stands for "nasal."

Why is it done?

CPAP is usually the best treatment for obstructive sleep apnea. It is the first treatment choice and the most widely used. Your doctor may suggest CPAP if you have:

- Moderate to severe sleep apnea.
- Sleep apnea and coronary artery disease (CAD) or heart failure.

How does it help?

- CPAP can help you have more normal sleep, so you feel less sleepy and more alert during the daytime.
- CPAP may help keep heart failure or other heart problems from getting worse.
- CPAP may help lower your blood pressure.
- If you use CPAP, your bed partner may also sleep better because you are not snoring or restless.

What are the side effects?

Some people who use CPAP have:

- A dry or stuffy nose and a sore throat.
- Irritated skin on the face.
- Sore eyes.
- Bloating.

If you have any of these problems, work with your doctor to fix them. Here are some things you can try:

- Be sure the mask or nasal prongs fit well.
- See if your doctor can adjust the pressure of your CPAP.
- If your nose is dry, try a humidifier.
- If your nose is runny or stuffy, try decongestant medicine or a steroid nasal spray. Be safe with medicines. Read and follow all instructions on the label. Do not use the medicine longer than the label says.

If these things do not help, you might try a different type of machine. Some machines have air pressure that adjusts on its own. Others have air pressures that are different when you breathe in than when you breathe out. This may reduce discomfort caused by too much pressure in your nose.

Where can you learn more?

Go to <http://www.kp.org>

Enter **X266** in the search box to learn more about "**Learning About CPAP for Sleep Apnea.**"

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