

**Patient
Information**

Continuous Positive Airway Pressure (CPAP) treatment

Introduction

This leaflet gives you information about Continuous Positive Airway Pressure (CPAP) treatment.

CPAP treatment is provided to help with daytime sleepiness caused by obstructive sleep apnoea.

CPAP treatment is given via a small machine that gently pumps pressurised air into a mask on your face either over your nose or nose and mouth. This will keep your airway fully open and improve your breathing while you sleep by stopping your airways getting too narrow. It will also improve your sleep quality and help you feel less tired.

Using your CPAP

You should use the CPAP device every night to get the most benefit from the treatment and prevent your symptoms from returning.

Not using the treatment regularly will make it harder to get used to and delay the benefits.

Frequently asked questions

Why is the air from the CPAP so cold?

The machine uses room air and will only be as warm as the room that the machine is placed in. The air can be warmed slightly to combat this by altering the temperature of your bedroom (thermostat) or closing windows.

Alternatively, you can place the tubing under the duvet to warm the air slightly, or purchase a 'CPAP hose insulator' from the internet.

I am going away; do I need to take my CPAP?

Yes. CPAP needs to be worn every night to prevent your daytime sleepiness returning. If you are travelling by plane we can provide you with a letter for the airline advising the CPAP to be additional hand luggage to prevent damage or loss within a

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suitcase. Please notify the Sleep Service via the Lung Function Department well in advance so that a letter can be arranged before your departure.

My mask will not fit onto my tubing?

Many masks have a small removable plastic connector that joins the mask to the tubing. Check that this is in place. If the problem continues, please contact the Lung Function department.

Why is air escaping from the holes at the front of the mask?

The port holes at the front of the mask are for your exhaled air (carbon dioxide), they are not a design fault and should not be taped over or obstructed (blocked).

Contact information

If you have any questions or would like further advice, please contact the Lung Function Department at Cheltenham General Hospital on:

Tel: 0300 422 6819

Tel: 0300 422 4313

Email: ghn-tr.lung.function@nhs.net

Further information

Sleep Service

Gloucestershire Hospitals NHS Foundation Trust

Website: www.gloshospitals.nhs.uk/sleepservice

Sleep Apnoea Trust

Website: <https://sleep-apnoea-trust.org/>

NHS

Website: <https://www.nhs.uk/conditions/sleep-apnoea/>

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