



ResMed



Living with
sleep apnoea

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Treating your
sleep apnoea can
help improve
your everyday and
long-term health.

Here's some
information to
help you get
the most out of
your sleep apnoea
treatment.

Getting started on the road to healthy sleep

If you're about to start treating your sleep apnoea, congratulations! You've taken the first step on the road to improving your health and getting a better night's sleep.

As a new CPAP user, you may be wondering what to expect from treatment. In this booklet, we'll give you an overview of sleep apnoea and answer many frequently asked questions about CPAP treatment.

You can also visit **ResMed.com** for more information about living with CPAP, treatment tips and more.



How does CPAP treat sleep apnoea?

CPAP (continuous positive airway pressure) is the most widely used treatment for moderate and severe sleep apnoea,¹ and does not involve drugs or surgery. With CPAP, a bedside machine gently delivers pressurized air through a mask to keep your upper airway open and help prevent apnoeas.



Normal airway

Air naturally flows into and out of the lungs



Closed airway

Air is blocked by an obstruction in the upper airway



Open airway with CPAP

CPAP air pressure reopens the obstructed airway, allowing air to flow freely again

CPAP treatment has helped millions of people around the world enjoy healthier sleep and a healthier life.

Many patients experience the benefits quickly – often after the first night of use.

CPAP can help:

- Improve your daytime energy which may then help you exercise and lose weight²
- Reduce daytime sleepiness, depressed mood, anxious thoughts, reduced memory and concentration, and improve your quality of life³
- Lower your risk of developing chronic, life-threatening conditions like type 2 diabetes⁴ or heart disease⁵, and improve your overall health.



Types of CPAP machines



CPAP (continuous positive airway pressure)

- **AirSense 10 Elite** machines deliver air at a constant pressure, determined during your sleep study to be the amount needed to keep your airway open and prevent apnoeas.



APAP (auto-adjusting positive airway pressure)

- **AirSense 10 AutoSet** machines adjust pressure breath by breath to provide the lowest, most comfortable pressure necessary. They're ideal for people whose pressure needs vary during the night due to medications, allergies, changes in sleep position, etc.

➤ Talk to your doctor about which machine is ideal for you.



APAP for women - AirSense 10 AutoSet for Her machines are tailored to meet the special sleep needs of women, with the first dedicated algorithm to respond to female-specific characteristics of sleep apnoea.



Bilevel - AirCurve 10 VAuto/S machines deliver two pressures: a higher pressure for breathing in and a lower, more comfortable level to breathe out against. This is a great option for some patients who require higher pressures to treat their severe symptoms.



ASV (adaptive servo-ventilation) - AirCurve 10 PaceWave machines are designed to treat symptoms of central sleep apnoea, Cheyne–Stokes respiration and associated obstructive apnoeas.

Types of masks

The key to successful treatment is a mask that fits.

Your mask includes a mask cushion that you wear over your mouth and/or nose, a mask frame and headgear.

Your mask should be comfortable and form a good seal on your face, without overtightening, so air doesn't leak out. There are three main types of masks:




Nasal pillows rest gently at the edge of your nostrils and offer a clear field of vision in a light-weight design.



Nasal masks cover only your nose and are the most common type of mask.



Full face masks cover both the nose and mouth to prevent leaks and are ideal for people who breathe through their mouth while sleeping.

 Find out more about our first intention AirFit series masks on [ResMed.com](https://www.ResMed.com)



Maintaining your equipment

To extend the life of your equipment and ensure it works effectively, clean your mask parts daily and replace your supplies when necessary.

Cleaning

- Before going to sleep, wash your face to remove excess facial oils that may get onto the mask and cushion.
- Clean and maintain your mask, tubing and humidifier as directed in each part's user and clinical guide.
- Rinse all components well and allow them to air dry out of direct sunlight. Use baby shampoo or other mild detergent. Other solutions that include vinegar, alcohol or fragrances may cause part damage and/or skin irritation.

Replacement

- Replace your mask and accessories regularly to ensure you're receiving the best, most comfortable therapy possible. Contact your equipment provider to find out what your options are.
- Check your machine's air filter each month for holes or dust buildup; replace every six months at least.

Other tips for success

Getting used to CPAP may take some time, but the health benefits are worth it.

Ease into CPAP. Practice wearing your mask with the machine on during the day (while watching TV, reading, etc). This can help you get used to the airflow and wearing a mask, especially if you are claustrophobic.

Use humidification for added comfort.

Humidifiers add moisture and warmth to the air you breathe, making treatment more comfortable.


Wake up looking great. To avoid marks on your face, ensure the headgear is not too tight. If you still have marks, place a piece of flannel material between the side straps and your face. Make your own or purchase some from your equipment provider.

Protect your skin. To avoid skin irritation, wash your mask after every use. You can also try ResMed's Gecko nasal pads to protect sensitive skin.

Track your sleep. Keep a sleep journal or use an online program like ResMed's **myAir™** to keep track of your treatment progress and identify issues along the way.

Use a special pillow. If you sleep on your side, try a CPAP pillow, which is specially designed with a space carved out for the mask.

Practice good sleep habits. Keep a regular sleep schedule, avoid watching TV in bed, create a relaxing bedtime routine, and avoid caffeine, nicotine, alcohol and fatty foods before bed.

 Visit **ResMed.com** for more healthy sleep tips and videos on how to embrace treatment and improve your comfort.

*Not available in all countries or with all devices.



Talking to your doctor

Reach out to your doctor with questions about how your other medical conditions or prescriptions could affect your sleep apnoea, and vice versa.

Talk to your doctor **right away** if you experience the following while on CPAP:

- Middle ear or sinus discomfort
- Headache
- Chest pain

Call your doctor if you notice a constant bloated feeling that doesn't go away. This is usually caused by swallowing too much CPAP air while you're awake and often goes away in a day or two.

Contact your equipment provider with any specific questions about your machine.



Frequently asked questions regarding CPAP therapy

How long will it take to get used to CPAP?

Most people adjust to CPAP in one to two weeks. It may take a little longer if, for example, you're sensitive to the feel of the mask on your face. However, it's important to continue using your treatment even if it seems awkward at first.

How soon after I start CPAP treatment will I notice an improvement in my symptoms?

You should notice an immediate improvement when you start treatment, though for some people it may take a little longer.

How often will I need to use my CPAP?

You must use it every night while you sleep. If you don't, you'll return to your previous level of snoring, sleep apnoea and excessive daytime sleepiness.

Will the air pressure on my machine ever need adjustment?

If you're using CPAP or bilevel therapy, the pressure will remain set at levels that suit your requirements. Sometimes there is a need to fine-tune or adjust pressure levels if, for example, you lose or gain weight. If you find your pressure difficult to tolerate, it may be lowered slightly for a short time at the beginning of therapy at the discretion of your doctor or sleep physician.

If you're using an auto-adjusting machine (i.e. APAP, ASV), the pressure levels will automatically adjust to suit your continuously changing needs. APAP is particularly recommended if your weight fluctuates, or if you regularly consume alcohol or sleeping tablets.



Is it easier to lose weight on CPAP therapy?

You may find that your energy levels increase, and you may feel more motivated to take part in many activities that your previous sleepiness prevented you from doing. However, permanent weight loss requires long-term lifestyle changes to diet and exercise.

I've just started CPAP treatment and it's irritating my nose.

The cool, dry air of treatment can cause a runny nose and sneezing in some people, but it usually clears up within a few days to a week. If it continues, you should consider adding a heated humidifier and heated tube or tube jacket, which will help by adding warmth and moisture to the air.

Can I use my CPAP treatment if I have a cold?

If you experience an infection of the upper respiratory tract, middle ear or sinus, you should consult your physician before continuing treatment. You may be advised to discontinue until the infection has cleared. If you continue with treatment during an infection, wash your mask and tubing more often. A full face mask may be a good alternative at this time as it covers both your nose and mouth so you continue to receive effective therapy.



If I get hospitalized, should I bring my CPAP?

Yes. Your recovery may take longer if you stop your treatment, and you may experience a return of your sleep apnoea symptoms. If you're having surgery, it's important that you tell both the surgeon and the anesthesiologist that you're being treated for sleep apnoea. You should also inform the physician treating you for sleep apnoea that you're going to the hospital.

Why is it difficult for me to exhale when using CPAP?

Breathing out against the airflow will happen automatically while you sleep. But for first-time CPAP users, it may take some time to get used to exhaling against the pressure while you're awake. Practice sessions in the daytime while relaxing or listening to music may help overcome this feeling.

If you're having difficulties, talk to your doctor or equipment supplier about what adjustments can be made to improve your treatment.

Can I use my CPAP machine in other countries?

All ResMed CPAP machines have a power supply that automatically adjusts to the various power supplies in different parts of the world.

- All machines will accept 100–240V, 50–60Hz, without any special adjustment.
- Please note that you'll still need to use the correct adapter for the power supply socket of the country you're visiting.
- Contact your airline prior to departing to determine if you need any special documentation to travel.

External batteries like the ResMed Power Station II (RPS II) give you added power when outlets aren't available. Ask your provider how to get one.


Will I ever be able to stop CPAP treatment?

Will I ever be cured of my snoring and sleep apnoea?

Sleep apnoea is a chronic condition for which there is presently no known cure. The good news, however, is that CPAP treatment will effectively control your sleep apnoea as long as you use it regularly.

How will I know my treatment is working effectively?

You can track your progress by joining myAir™, a free online support program. Once you sign up for myAir, you'll receive personalised support to help you get the most out of your therapy. You can access your nightly data to see how well your therapy is working day by day. You'll also get tailored coaching, handy tips, badges and milestones to keep you both motivated and comfortable.



Congrats on
learning about
sleep apnoea
treatment, a
big step toward
better sleep!



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Track your data and get free personalised support at: myAir.ResMed.eu

- 1 American Sleep Apnoea Association. <http://sleepapnoea.org/treat/treatment-options.html> (accessed February 23, 2016).
- 2 Tomfohr LM et al. *Sleep* 2011.
- 3 Gay P, Weaver T, Loube D, Iber C. Evaluation of positive airway pressure treatment for sleep related breathing disorders in adults. *Sleep* 2006;29:381-401.
- 4 Babu AR et al. *Arch Intern Med* 2005.
- 5 Buchner NJ et al. *ATS* 2007.
- 6 Volumetric testing data on file at ResMed. Based on same patient for all appliances including Herbst, TAP and SMD Flex.
- 7 Vecchierini MF et al. *Sleep Med* 2015.

*Not available in all countries



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