

CPAP treatment



CPAP (Continuous Positive Airway Pressure) is a first-line treatment for severe sleep apnoea, and often for moderate sleep apnoea as well. A healthy lifestyle, including weight loss in obese patients, is also an important part of the treatment of sleep apnoea. CPAP treatment may be given to persons diagnosed with sleep apnoea in whom the treatment is shown to correct the breathing problems that appear during sleep.

CPAP has been shown to be an efficient treatment for the majority of patients suffering from sleep apnoea. More than 90% of users feel that they benefit from the treatment. Typically, the CPAP machine provides relief after just a few nights of use: the symptoms caused by sleep apnoea (such as disturbing fatigue during the day and poor quality of sleep at night) are corrected and the patient's functional ability and quality of life improve.

There are no contraindications for CPAP treatment, and the side effects are relatively minor. The most common problems associated with CPAP are nose and throat irritation and discomfort caused by the treatment. They mostly occur at the beginning of treatment and can be controlled with expert help and practice.

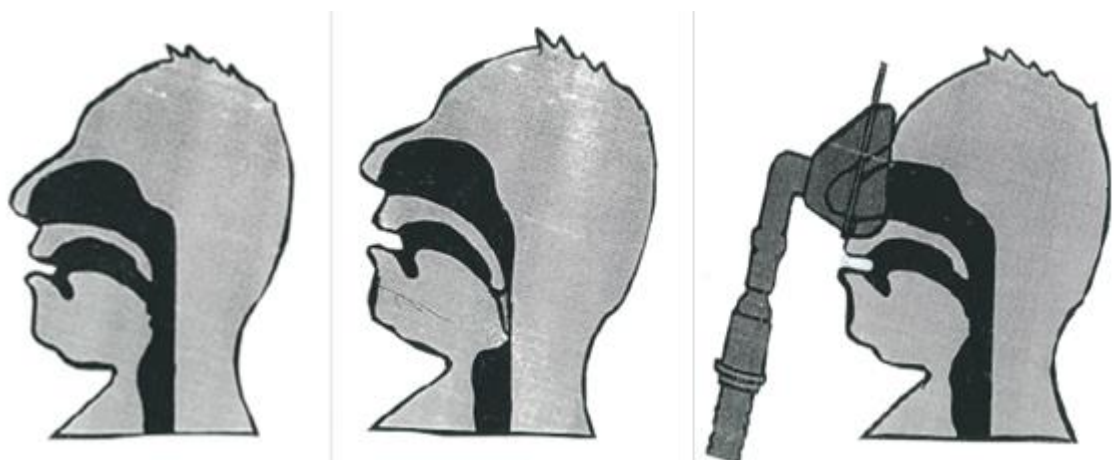
The idea of CPAP treatment is to create positive air pressure or "air splint" in the airways that will prevent the airways from collapsing during sleep, enabling normal breathing and undisturbed sleep.

The treatment is given with a small electric machine, a facial mask and an airway tube. The motor in the CPAP machine blows room air that is guided through the facial mask into the airways at a slightly elevated pressure.

Open airway

Obstructed airway

Nasal CPAP treatment



CPAP treatment does not cure sleep apnoea. It is only effective if the machine is used. To achieve a sufficient treatment response, the machine should be used as regularly as possible at night during the entire sleeping period, at least 4–5 hours at a time.

The CPAP machine is a medical rehabilitation device. No fees are charged for these devices or any accessories they require. You will sign a loan contract with the Hospital District when you are given the CPAP machine.

The CPAP treatment will start at the lung disease unit, as part of specialised care.

The start of treatment is primarily arranged on an outpatient basis. If necessary, treatment may be started on the ward. See your appointment letter for more detailed information.

When starting the CPAP treatment, the settings on the machine are adjusted and a suitable facial mask is selected. You will also be given instructions about the treatment. It is important that the machine provides the right amount of air at the selected pressure level, regardless of your sleeping position or phase of sleep. A well-fitting mask ensures efficient treatment and increases user comfort. The selection and adjustments are made individually by an expert (doctor, sleep nurse, care manager) based on the users' needs. Regular follow-up is part of the CPAP treatment. If the treatment is not implemented as planned, you must return the machine to the hospital. For more information, contact the treating unit.

Contact information

Outpatient Clinic for Lung Diseases
Monday through Friday 8 am-14.30 pm
Tel 02 627 7081

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