

## INFORMATION FOR PATIENTS

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# Treating obstructive sleep apnoea (OSA) with a continuous positive airway pressure (CPAP) machine

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Your doctor has requested that we issue you with a machine that will aid your breathing whilst you sleep.

### What is obstructive sleep apnoea (OSA)?

OSA is where the top part of the throat narrows and closes during sleep. This causes a disruption to your breathing (apnoea). During this time air cannot get to the lungs so the oxygen levels fall.

The brain detects the falling oxygen and partly wakes you up to start breathing again. This can happen many times a night, which can lead to sleep disturbance and cause considerable sleepiness in the daytime.

### What is the difference between snoring and OSA?

Snoring happens when air flowing through a narrowed airway makes it vibrate. Sucking air through a narrowed airway needs more effort. Snoring often in the night can disturb your sleep and cause daytime sleepiness. OSA is severe airway narrowing, snoring is a milder form of this. You may have snoring and no OSA.

### What is continuous positive airway pressure (CPAP)?

- Blows air down the airway to hold the airway open.
- To treat the daytime sleepiness caused by OSA and snoring.

### What does the CPAP system consist of?

- CPAP is a breathing machine that draws in air from the room and blows it out at a higher pressure.
- The air comes from the machine, through a flexible tube, to a mask on your face.
- Soft straps hold the mask in place while you sleep.

### Setting up the CPAP

The machine you will loaned is simple to use.

- 1. Put the mask on** – there are different sizes and styles of mask available. We will fit the best mask to suit you when we give you the CPAP. All masks have a soft flexible cushion, which rests on your face with a frame that the head straps attach to.
- 2. Attach the tubing** – a standard length of tubing is attached to the CPAP at one end and to your mask at the other
- 3. Switch on the CPAP** – the CPAP will automatically prescribe the pressure you require whether you are awake or asleep. The pressure will start gently and build up during the night when your breathing starts to change when you are asleep,

**Please allow up to 30 minutes for this appointment.**

**A telephone consultation appointment to discuss your progress will be made in the week or two following your first appointment.**

### **What if I need hospital transport?**

You will need to arrange transport by telephoning the following numbers between 7am and 9pm, Monday to Saturday (please use the number for the area you live):

- Nottinghamshire: 0345 266 9662
- Derbyshire: 0300 300 3434
- Lincolnshire: 0848 357 1556

### **Contact details**

#### **Sleep Service**

Telephone: 01623 672484

Email: [Sfh-tr.sleep.clinic@nhs.net](mailto:Sfh-tr.sleep.clinic@nhs.net)

Kings Mill Hospital	Newark Hospital
Mansfield Road	Boundary Road
Sutton in Ashfield	Newark
Notts	Notts
NG17 4JL	NG24 4DE

### **Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### **Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns, or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email:

[sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

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