



Trial of Continuous Positive Airway Pressure therapy (CPAP)

What will happen at my appointment?

A member of the Sleep Team will discuss the results of your recent sleep study and answer any questions you may have about it. The main reason for performing sleep studies is to identify a condition called Obstructive Sleep Apnoea (OSA). The NICE recommended treatment for OSA is called Continuous Positive Airway Pressure (CPAP) therapy. If the study identified moderate or severe OSA we will offer you a trial of treatment at this appointment.

What is CPAP therapy?

CPAP therapy involves the use of a face mask when you are sleeping, connected via tubing to a CPAP machine. The CPAP machine blows room air but at a higher pressure into your airway, which stops your upper airway from closing during sleep. CPAP is a very effective treatment for OSA, but it must be worn every night for the duration of your sleep to improve your symptoms. More information on how to use CPAP and the benefits of using CPAP will be given to you on the day of your appointment. Any questions you have about CPAP will be answered by the physiologist.

What happens after the appointment?

If CPAP is indicated, and you agree to try the treatment at home, we will issue you with a CPAP machine, and an appropriate mask and tubing to take home and use when you sleep. We will arrange a telephone appointment four weeks later to see how you are getting on, however you can contact us ahead of this if you experience difficulty using the treatment. The CPAP machine can record information about how well your mask is fitting, how well your OSA is controlled and how many hours you have used the device for. This information can then be transferred to the Lung Function and Sleep Team remotely. If you consent to have your data remotely monitored, we will be able to view your usage and see if the treatment is effective without you coming back to the hospital. However, if you do not consent to this you will still receive the same standard of care and follow up.

After using CPAP at home for a few weeks, most people will know if CPAP has been helpful to them and whether they are going to continue using it long term. We will then decide whether to continue with CPAP treatment or stop treatment at this point.

What if I have problems using CPAP during the trial period?

You will be given written information on how to contact the Good Hope Sleep Team by telephone or email if you need advice or support from the team before your review appointment.

Please do not attend the department without an appointment as the Sleep Team are unable to see patients without a booked appointment. This ensures that that when you attend your appointment, the clinician will have adequate time available for you.

Questions?

If you have any questions or concerns, please do not hesitate to contact the Good Hope Lung Function and Sleep Team on:

Telephone **0121 424 7229** Monday – Friday between 08:30 and 17:00. We have an answerphone available if no one is free to take your call.

Accessibility

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