

Trial of continuous positive airway pressure therapy (CPAP)

What will happen at my appointment?

We will discuss the results of your recent sleep study. The main reason for performing sleep studies is to identify a condition called Obstructive Sleep Apnoea (OSA). The recommended treatment for OSA is called Continuous Positive Airway Pressure (CPAP) therapy. If the study identified OSA we are able to offer you a trial of treatment at this appointment.

What is CPAP therapy?

CPAP therapy involves the use of a face mask overnight, connected via tubing to a CPAP machine. The machine blows room air but at a higher pressure 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 appropriate, and you agree to try the treatment at home, we will issue the equipment and arrange a telephone appointment after one month to see how you are getting on; you can also contact us ahead of this should you have difficulty using the treatment. 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 most people will know if CPAP has been helpful to them and whether they are going to continue using CPAP long term. We will then make a decision to whether to continue with treatment in the long term 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 sleep team by telephone if you needed advice or support from the team before your review appointment.

Questions?

If you have any questions or concerns please do not hesitate to contact the department to discuss on **0121 424 1745**.

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email patientexperience@uhb.nhs.uk.

**Lung function and sleep
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