



Royal Papworth Hospital
NHS Foundation Trust

Obstructive Sleep Apnoea and CPAP Therapy

A patient's guide

Obstructive Sleep Apnoea

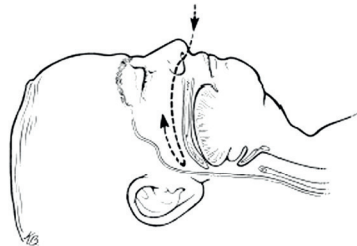
Obstructive Sleep Apnoea (OSA) is the repetitive narrowing or closure of the throat during sleep, which results in pauses in breathing. These pauses can cause oxygen levels to drop and are ended by brief awakenings from sleep. When frequent the resulting sleep disruption often leads to an unrefreshing night's sleep and daytime sleepiness.

Other symptoms include snoring and nocturnal choking episodes. Sleep disturbance sometimes results from the need to pass urine several times a night, or problems with a dry mouth.

OSA can impair memory and concentration and increases the risk of serious road accidents. Obstructive sleep apnoea affects around 3-7% of the adult population. If left untreated OSA may well increase the risks of high blood pressure, strokes and heart disease.

OSA is more common in people who are overweight and significant weight loss can sometimes cure OSA. Other measures which may help include reduction of excess alcohol intake and avoiding sleeping on the back if OSA is worse in this position.

More severe OSA may require treatment with Continuous Positive Airway Pressure (CPAP). CPAP blows air into the upper airway during sleep, via either a nasal or face mask and prevents the upper airway from collapsing.



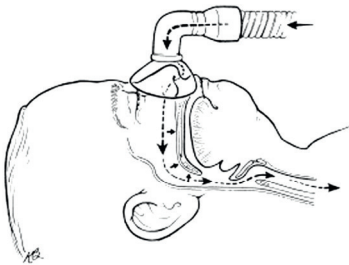
OSA: During sleep the airway narrows and obstructs breathing

Benefits and side-effects of using CPAP

Benefits

The CPAP system should improve your night's sleep, leaving you feeling more refreshed and alert during the day. It is safe and can be immediately effective.

However for some it may take several days to feel the benefits. It can help treat high blood pressure and is likely to reduce the risk of suffering a stroke or heart attack.



CPAP: A nasal mask connected to a blower unit provides continuous pressure, which holds open the upper airway and allows regular and normal breathing during sleep

Side-effects

The CPAP system may cause nasal symptoms such as stuffiness, blockage or a runny nose. If any of these occur you can contact the CPAP practitioners by phone on 01223 638526. Please leave your name and contact number.

Sometimes the CPAP mask can make the bridge of your nose sore. It is important not to pull the headgear straps too tight. We can provide an adhesive dressing that will help to protect your nose.

If the problem persists you should contact the CPAP practitioners, as you may need to be fitted with a different mask.

Starting CPAP therapy as a day case

You will be looked after by a specialist team who will guide you through how to use the CPAP, what to expect and answer any questions you may have.

You will be provided with your CPAP which will be yours for long-term use. An information guide will also be provided with your equipment. A follow-up appointment will be arranged for approximately six to eight weeks after initiation.

Starting CPAP as an inpatient overnight

If you are starting CPAP as an inpatient, please refer to your letter for your appointment time.

Please bring an overnight bag and any medication you require.

You will normally be able to go home the following day and reviewed approximately six to eight weeks later.

Discharge from hospital

Before you leave hospital make sure you know: how to turn your CPAP on and off and how to dismantle your mask and hose. Ensure the type of mask you have is recorded on the back of your booklet.

Using your machine

It is important to use CPAP every night. There is a clock on your CPAP machine which works when the CPAP mask is on your face. Your hours of use are then calculated at each hospital visit. Again, if you are having any problems with CPAP treatment then you can contact the CPAP practitioners at any time using the numbers given on the back of this leaflet.

Caring for your machine and mask

The mask should be cleaned daily in warm water using a mild detergent. Rinse well once cleaned. The headgear/straps can be washed in the washing machine, ideally once a week. A tumble dryer should not be used.

The CPAP unit should be disconnected from the mains electricity and a damp cloth used to clean the outside.

Follow-up

We will send you a letter with the details of your next appointment. It is essential for you to attend this appointment as we need to check your progress and ensure the CPAP is working effectively.*

We can also deal with any other issues which may have arisen. You will receive an appointment to be reviewed in our outpatient department.

On some occasions you may be admitted to the ward overnight.

If you experience daytime sleepiness and/or waking feeling unrefreshed you should contact us as you may require an earlier review.

Holidays

Ideally you should take your machine with you whenever you go away. The machines are fitted with a smart chip so can be used around the world and indeed from a 12v battery with the correct adaptor or with a suitable wattage inverter. If you are going overseas you can

request a customs letter from us in the relevant language. It is essential to take the CPAP as hand luggage on the plane, as it can get damaged when stored in the hold.

Driving

Everyone is legally obliged to avoid driving when sleepy, regardless of whether this is due to an underlying medical condition.

People with untreated OSA are known to have an increased risk of road traffic accidents, which is due to the associated sleepiness.

Adequate use of effective CPAP therapy usually reduces daytime sleepiness, allowing driving to continue.

If CPAP therapy is effective and you use it regularly, then there should be no licence problems. However it remains your legal responsibility to be fit to drive, when you drive.

You must tell DVLA if you have obstructive sleep apnoea (also known as sleep apnoea) with symptoms that affect your ability to drive safely.

We advise that you seek clarification from the DVLA regarding notification of your condition.

DVLA contact details

The DVLA can be contacted by the following:

Drivers Medical Group, DVLA,
Swansea, SA99 1TU

Tel 0300 790 6806

Mon-Fri, 08:00-19:00

Sat, 08:00-16:00

www.dvla.gov.uk

Email: drivers.dvla@gtnet.gov.uk

For further information

[www.sleep-apnoea-trust.org/
general-guidance-to-drivers.
htm](http://www.sleep-apnoea-trust.org/general-guidance-to-drivers.htm)

The Sleep Apnoea Trust

Po box 60

Chinnor

OX39 4XE

UK

Discharge information for CPAP patients

Please ring: 01223 638526

Calls are checked at regular intervals Monday to Friday, 09:00-17:00.

Please listen carefully to the options provided and select. When selecting the CPAP practitioner option please leave your name, date of birth and a contact number.

CPAP: _____

Mask: _____

CPAP pressure: _____

**Royal Papworth Hospital will be unable to accept responsibility for the safety and efficacy of your CPAP equipment, if your machine isn't brought in for regular servicing at these appointments. The CPAP remains the property of Royal Papworth Hospital and if not used must be returned.*

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