

Sleep Centre



CPAP Therapy

Clinical Sites:



Singapore
General Hospital
SingHealth



Changi
General Hospital
SingHealth



Sengkang
General Hospital
SingHealth

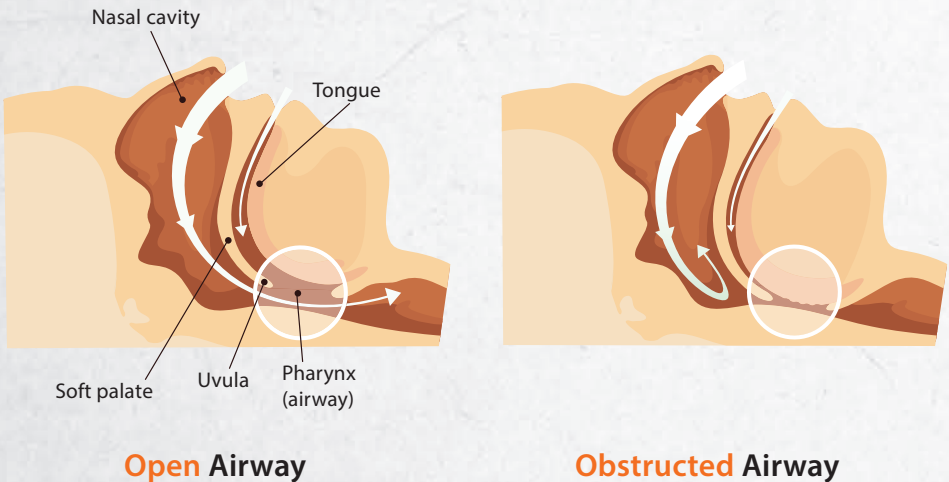


KK Women's and
Children's Hospital
SingHealth

Obstructive Sleep Apnoea (OSA)

Obstructive sleep apnoea (OSA) is a condition caused by repeated upper airway obstruction during sleep, due to narrowing of the upper airway. It occurs when the muscles controlling the upper airway relax during sleep, resulting in a collapse or narrowing of the airway. This causes oxygen levels in the blood to decrease.

Upper Airway Anatomy



The **Apnoea Hypopnoea Index (AHI)** represents the number of apnoea (pauses in breathing) and hypopnoea (reduction in breathing) events per hour of sleep during your sleep study, and indicates the severity of your sleep apnoea.

CPAP Therapy

Continuous Positive Airway Pressure (CPAP) therapy is the gold standard and most effective non-surgical treatment for OSA.

The CPAP machine uses gentle air pressure to keep your airway continuously open, allowing you to breathe easily during sleep.

- Automatic CPAP varies the pressure through the night, giving you the necessary pressure to keep your airway open during sleep
- Fixed CPAP provides constant air pressure through the night

Types of Mask Interfaces



Nasal Pillow



Nasal Mask



Full Face Mask

Benefits of CPAP therapy

- Reduces/eliminates apnoeas and snoring
- Better sleep for yourself and your bed partner
- Feeling more rested and alert during the day
- Consistent use of CPAP can help control your blood pressure even during the day
- Consistent use of CPAP can reduce the risks of heart disease and stroke
- Improves memory and cognition

Maintaining My CPAP

- ✓ Handwash with soap and lukewarm water
 - Mask/mask cushion daily
 - Headgear weekly
 - Tubing monthly
- ✓ Air-dry away from direct sunlight
- ✓ Hang up the tubing to dry, with the open ends facing down and away from sunlight
- ✓ Use cooled boiled water or sterile water for the humidifier chamber, and empty the water before adding more

Effective Tips and Tricks Using CPAP

A dry nose or mouth?

- Caused by cold air blowing through your nose or keeping your mouth open
- Use a heated humidifier
- Get a chin strap to keep your mouth closed when a nasal mask is used
- If you have a frequent blocked nose, talk to your doctor about decongestants or nasal sprays

Eye, nose bridge and skin irritations?

- Caused by inappropriate mask fitting; excessive tightening/loosening of mask straps
- Can be relieved by fitting the mask interface as per user guide
- Snugly fit the head/mask strap without compromising on the mask leak threshold



Still find it uncomfortable?

- It takes time to adapt – usually at least 4 weeks of continuous use
- If you are unable to sleep with it, try it when you are really tired, or for short periods during the day and gradually increase the usage time
- If you feel that the prescribed pressure is intolerable, your doctor may be able to adjust it



Travelling with a CPAP machine

- There are smaller travel size (palm-sized) CPAP machines for users who are frequent travellers
- Do remember to bring along a copy of your CPAP prescription as it may be required during customs clearance

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Singapore General Hospital
SingHealth

Sleep Centre

Outram Community Hospital
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Sengkang General Hospital
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Sleep Medicine Service - Sleep Diagnostics

Medical Centre, Level 6

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Changi General Hospital
SingHealth

Changi Sleep & Assisted Ventilation Centre

Medical Centre, Level 2

Sleep Laboratory

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Singapore General Hospital



Changi General Hospital



Sengkang General Hospital



KK Women's and Children's Hospital



National Cancer Centre Singapore



National Dental Centre Singapore



National Heart Centre Singapore



National Neuroscience Institute



Singapore National Eye Centre



SingHealth Community Hospitals



Polyclinics SingHealth