

WHAT IS A PAP NAP?

A Positive Airway Pressure (PAP) Nap is a daytime study for patients who have anxiety about starting PAP therapy, are claustrophobic, or are having difficulty tolerating PAP therapy for their sleep-related breathing disorder. The patient works one-on-one with a sleep technologist, using relaxation, deep breathing and desensitization techniques to try to become more comfortable with PAP therapy.

WHY WAS THE PAP NAP DEVELOPED?

Patients are more likely to correctly use and stick with their PAP therapy if they receive individual or group education, sleep technologist coaching, and close follow-up. At Cleveland Clinic, the PAP Nap is one tool we use to help patients effectively use PAP therapy.

HOW DOES THE PAP NAP WORK?

The procedure itself is a short, in-lab cardiorespiratory recording that is attended by a sleep technologist and ranges from 60 to 180 minutes in length. It is expected that the patient will become comfortable enough with the PAP therapy to fall asleep.

During the PAP Nap, patients have individual coaching and counseling by a sleep technologist to overcome any fears or discomforts they have about PAP therapy and to make them more comfortable with the mask and pressure sensations. Minimal bioelectrodes are used during these studies.

Patients are given the opportunity to sleep with PAP therapy after going through this counseling session. The goal of the PAP Nap is to help patients get used to using the equipment themselves so they are more likely to use PAP therapy on a nightly basis at home.

ABOUT US

At Cleveland Clinic's Sleep Disorders Center, our multidisciplinary program is dedicated to the diagnosis and treatment of sleep disorders in adults and children. Our team approach unites adult neurologists, internal medicine, family medicine, pediatric sleep experts, pulmonary and critical care medicine specialists, psychologists, psychiatrists and otolaryngologists, under one roof. Together, they will work with you to uncover the cause of your sleep problems and tailor the treatment that is best for you and your lifestyle.

Cleveland Clinic's Sleep Disorders Center is accredited by the American Academy of Sleep

Medicine. The center is part of our Neurological Institute, whose neurology and neurosurgery services for adults and children are the top-ranked in Ohio by *U.S. News & World Report*. Cleveland Clinic is also consistently ranked as one of the top hospitals in the nation.

Call **216.636.5860** or toll-free **866.588.2264** to make an appointment with any of our experts in Cleveland Clinic's Sleep Disorders Center.

To speak with a sleep technologist after hours (5 p.m. to 8 a.m.), please call **216.444.8536** or toll-free, **800.223.2273**, ext. **48536**. For more information, call **216.444.2165** or visit **clevelandclinic.org/sleep**.