Pap Nap

The PAP-Nap is a daytime procedure offered to patients expressing resistance or hesitation toward the diagnosis of a sleep related breathing disorder and treatment with Positive Airway Pressure (PAP) therapy.

Adherence to PAP therapy is improved with increased individual or group education, close clinical follow-up, sleep technologist/technician coaching, telephone calls, and objective data monitoring. The PAP-Nap is an abbreviated in-lab cardio-respiratory recording which is attended by a technologist geared toward improving patients’ PAP compliance.

This procedure is offered as an adjunct option in the setting of PAP therapy and is intended for patients who suffer from sleep related breathing disorders and co-morbid conditions such as insomnia, anxiety, panic attacks, and claustrophobia.

The procedure itself can range from 60–180 minutes in length, during which the patient has individual coaching and counseling by a sleep technologist to overcome emotional or imagery barriers with PAP therapy and to desensitize the patient to masks and pressure sensations.

The patient is given the opportunity to sleep with PAP therapy after going through this desensitization period. The goal of this procedure is to expose and acclimate the patient to this therapy method which will then improve their overall compliance on a nightly basis when using PAP therapy at home.