Over 40 million Americans have been diagnosed with Obstructive Sleep Apnea (OSA). Countless others are predisposed and have a high risk of developing OSA. Other names associated with OSA are: Obstructive Sleep Apnea Syndrome (OSAS), Sleep Induced Apnea, Ondine’s Curse, Upper Airway Obstruction during Sleep, and Excessive Daytime Sleepiness (EDS). Obstructive Sleep Apnea Syndrome is a term used to describe Obstructive Sleep Apnea with associated excessive daytime sleepiness.

Obstructive Sleep Apnea (OSA) is characterized by recurrent episodes of upper airway collapse, which obstructs the airway. These obstructions cause normal air movement to stop for a period of at least 10 seconds or longer called apneas. Before the apnea occurs, the airway begins the process of narrowing causing the airflow to decrease, which is called Hypopneas.

**Common Symptoms of OSA:**
- Excessive daytime sleepiness or tiredness throughout the day, even though you had a full night of sleep.
- Loud snoring followed by periods of silence.
  - Not all people who snore have OSA, but most people with OSA snore. The silence while someone is snoring is caused by the airway closing. (Apnea)
- Sudden awakenings and feeling out of breath or that you were being choked.
- Not remembering any dreams.

**Treatment:**
Both Apneas and Hypopneas are counted and measured during a diagnostic sleep study. Sleep studies are performed in a sleep lab or in the home setting. The degree or severity of the OSA is based on the AHI or RDI (Apnea-Hypopnea Index or Respiratory Disturbance Index).

The most common form of treatment today for OSA is the use of a PAP device (Positive Airways Pressure device). The Positive Airway Pressure device holds the airway open by using air pressure that is introduced through the nose with a nose mask or similar device. The air travels down the back of the throat, and into your upper airway. The amount of air pressure set on your pap machine was determined during the sleep study.

**Types of PAP devices:**
- **CPAP – (Continuous Positive Airways Pressure)** - is the most widely used
- **Bi-PAP – (Bi-level Positive Airways Pressure)** - uses one pressure during inspiration, and a lower pressure during expiration. There is a criterion that must to be met before insurance will cover the Bi-Pap. Usually, a trial period on the CPAP machine must be tried first with no success and these results documented before insurance will pay for a Bi-PAP.

The machine delivered to you is pre-set with the pressure ordered by your physician. Do not attempt to adjust this pressure at any time. The pressure can only be changed by the sleep lab or our staff members who are trained in doing this procedure.

(Continued on reverse side)
Your prescription:

- [ ] CPAP
- [ ] AUTO CPAP
- [ ] BI-PAP
- [ ] BI-PAP ST
- [ ] BI-PAP AUTO
- [ ] BI-PAP AUTO SV
- [ ] VPAP ADAPT SV

SETTINGS: ______cm H2O    Min____cm H2O    Max____cm H2O    IPAP____EPAP____    Back Up rate_____ (ST Only)

EPAP Min. @ _______cm H20   IPAP Max. @ ________cmH20   Pressure support @_____  

Make of PAP Device_______________________________  The ramp time is ______minutes.   N/A

Oxygen at _____l/m is ordered to be used with your PAP device.

Type and Size of Mask / Pillows, _________________________________Headgear__________________

Important Reminders:

- Use this machine as prescribed by your doctor. Untreated OSA can lead to Hypertension, Congestive Heart Failure, Stroke, Type II Diabetes, Obesity, Chronic Fatigue, Depression and Glaucoma.
- Do NOT let anyone else use your machine for any reason.
- If you are using supplemental oxygen in line with your PAP device, be sure to observe all oxygen safety precautions. No smoking at any time and keep the equipment away from an open flame or heat source.
- If a humidifier is used, keep the height of the humidifier at a level which is slightly lower than the level of your head. If your humidifier gets knocked over while you are sleeping, you want the water to move away from your head and not into your nose.
- Do not use the PAP system around water, other than what is in the humidifier. This can cause an electrical shock.

Frequently Asked Questions:

1. **What are the benefits of PAP therapy?**
   It will decrease your chances of getting any of the conditions listed above. PAP therapy will increase your energy levels; improve your mental alertness, your mood, your quality of sleep and your quality of life.

2. **If I lose weight will I cure my OSA?**
   That depends. Some people have shown decreased symptoms from OSA after losing weight and were removed from their PAP machine, others have not. However, if you are overweight, losing will always improve your health and decrease your risks of developing other health issues.

3. **How long will I need to use this machine?**
   PAP therapy is just that—therapy. As long as you have OSA< you need to do something to improve your quality of sleep. After many years of experimenting with surgeries, oral appliances, special bed pillows, etc., positive airway pressure is the gold standard for relieving and improving symptoms of OSA.

4. **Is this covered by my insurance?**
   Upon receiving your PAP order, we contact your insurance company to verify that they will cover your machine. Based on your plan, you may have a co-payment every month or not. The insurance company will inform us on how many months they will pay before the equipment is converted to a purchase.

5. **If I have more questions?**
   Please call our office at 216.636.8634 to speak with a therapist.

   Courtesy of Cleveland Clinic Respiratory Therapy at Home  

4/22/2012