

Continuous Positive Airway Pressure – CPAP

What is CPAP?

CPAP is the most common treatment for obstructive sleep apnea. The CPAP unit provides a constant flow of air to the mask. The CPAP unit pressure is set specific to each person's needs and changes based on how severe the sleep apnea is. The pressure the CPAP unit delivers keeps the airways open and prevents snoring and apneas.

CPAP is a treatment, not a cure. You will feel better only as long as you use it. If you stop using CPAP, your symptoms will return. When your sleep is improved, you will begin to feel rested and have more energy. You must also wear CPAP for all naps as well.

✘Do not stop using CPAP without talking to your doctor.

Can I travel with CPAP?

When you are away from home it is important to continue with your CPAP therapy. Careful planning can give you peace of mind when you travel.

When you drive, you may tend to fall asleep at the wheel. To avoid this, stop often or change drivers so you can have a break. If you feel drowsy or hypnotized by the road, stop at a rest area for a brief nap to refresh yourself. Use your CPAP during the nap.

If you are travelling out of the country, check with your travel agent to see if you need an electrical converter. Your CPAP instruction book may also include information on using it in a foreign country.

You may want to buy more health insurance for the time you will be away. Take a written medical history, list of prescription medications and your doctor's name and phone number in case of a medical emergency. You should also wear medical alert identification.

