

A Guide to Your CPAP

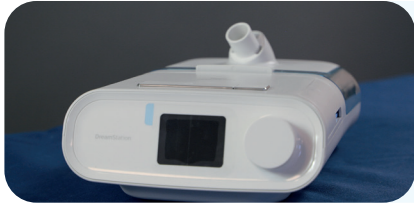


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Why do you need a CPAP machine?



People who have an illness called 'sleep apnoea' are sometimes given a CPAP machine.

CPAP is an easy way of saying: Continuous Positive Airway Pressure.



A CPAP machine blows air through a mask into your nose or mouth.



Your doctor will tell you if you have sleep apnoea.

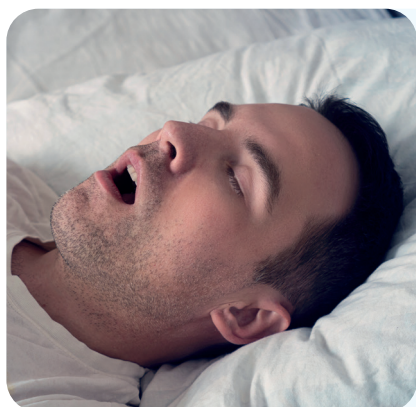


Your doctor may ask you to use a CPAP machine for your sleep apnoea.

How will your CPAP machine help you?



Your CPAP machine will help you to breathe while you are asleep.



Your CPAP machine will help you to sleep better and stop you from snoring.



Your CPAP machine will help you to feel better when you wake up in the morning.



Your CPAP machine will stop you from feeling so tired in the daytime, and your CPAP machine will help you to feel happier in the daytime.

Keeping you safe and healthy



If you do not use your CPAP machine your sleep problems will not get better.



If you do not use your CPAP machine you could get very poorly.

You could have problems with your heart or your blood.



Your CPAP machine keeps you healthy and helps to stop you from dying too young.



You must keep using your CPAP machine to stay safe and healthy.

If you have any problems, speak to your healthcare staff straight away.

Your CPAP mask



You need to wear a mask so the air can help you to breathe.



Your mask could feel strange when you first use it but you should get used to it.



Ask someone to help you if you find it hard to put on your mask.



We have some other leaflets you can use to help you learn how to put on your mask.

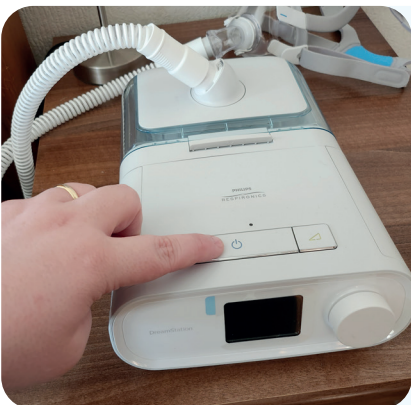
Turning your CPAP machine on and off



Get into bed and put your mask on.



Some CPAP machines will start blowing air straight away.



If your CPAP machine does not start blowing air, press the 'on' button to turn it on.



Get comfy and relax.

Now you can go to sleep.

Turning your CPAP machine off

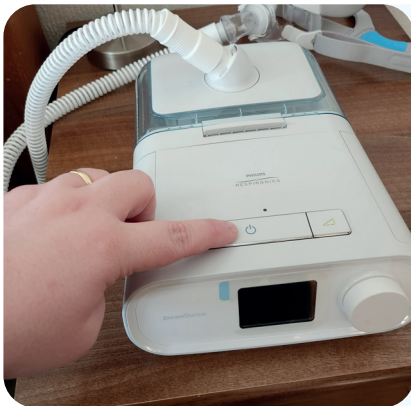


When you wake up in the morning, push the 'off' button on your CPAP machine.



Take your mask off and leave it next to your CPAP machine.

If you wake up in the night



If you wake up in the night and the air is blowing too fast, press the 'off' button to stop your CPAP machine.

Leave the mask on your face.



Some CPAP machines will start blowing air straight away.

If your CPAP machine does not start blowing air, press the 'on' button to turn it back on.

Go back to sleep.

Cleaning your CPAP machine



You need to keep your CPAP machine clean.

Wipe your CPAP machine every week with a clean and dry cloth.



You also need to keep your mask clean.

You should have a leaflet telling you how to clean your mask.



You need to clean the filters from your CPAP machine.

You should have a leaflet telling you how to clean your filters.



Ask someone to help you clean your mask, your CPAP machine and your filters if you cannot do this on your own.

Going on holiday



You need to take your CPAP machine with you if you go away or on holiday.



If you are flying on an aeroplane you might need to take a letter or prescription with you.

Ask your healthcare staff if you need a letter or a prescription.

Take the CPAP machine on the aeroplane with you. Do not pack it in your suitcase.



You might need to take a plug adapter with you if you are going to a different country.



Make sure you buy travel insurance if you go on holiday.

Travel insurance can help you to buy a new CPAP machine if it is lost or broken on holiday.

Driving



If you have a health problem that makes you feel tired, it might not be safe for you to drive a car.



You need to tell the DVLA if you have a health problem that makes you feel tired.

The DVLA is the Driver and Vehicle Licensing Agency.

The DVLA are the people who say if you can drive or not.



You can write to the DVLA at:

Drivers Medical Enquiries
DVLA
Swansea
SA99 1TU



You can phone the DVLA on:

0300 790 6806



You can find more information on the DVLA website:

<https://www.gov.uk/browse/driving/disability-health-condition>



If you have any questions or need any more help, speak to your Healthcare Professional.

Baywater Healthcare
Wulvern House
Electra Way
Crewe
Cheshire
CW1 6GW



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