



WOOLCOCK CPAP CLINIC

The Woolcock CPAP Clinic offers expert help and advice which is vital to successfully using CPAP.

Our staff have years of experience to help you resolve barriers and have you using CPAP with the desired outcome – to sleep safely and wake feeling refreshed.



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CPAP

Continuous Positive Airway Pressure



WHAT IS OBSTRUCTIVE SLEEP APNEA (OSA)?

OSA is when your airways repeatedly collapse while you sleep causing you to stop breathing. When you stop breathing you are not taking in oxygen which can lead to problems such as high blood pressure and daytime sleepiness, as well as being at an increased risk for heart attacks and strokes.

WHAT IS CPAP?

Continuous Positive Airway Pressure (CPAP) is a device consisting of a mask worn over the nose (or nose and mouth) while sleeping, connected by a tube to a small electric pump that provides a flow of positively pressurised air.

CPAP works by keeping the airways open while you sleep.

The CPAP machine blows air through your nose and into your upper airways, keeping your airways open while you sleep. The air pressure from the CPAP machine supports the airway and works just like an internal splint.

WHY SHOULD I USE CPAP?

CPAP is the most common and effective form of treatment for people with OSA. However we also understand CPAP is not for everyone. There are other solutions for OSA and our inter-disciplinary clinic can help you find the right treatment that suits you. This may include lifestyle modifications, surgery or dental splints.

HOW LONG DOES CPAP TAKE TO WORK?

CPAP is not a cure for OSA. It will treat your OSA effectively as long as you are using it and using it correctly. It might take some time for both you and your partner to get used to CPAP. It is common not to be able to use it for the whole night at first. It is better to build up use slowly than to try very hard too early and give up.

We are here to help you with any problems. Almost all problems with CPAP can be solved with a little help and persistence. Be patient with yourself and with the device.

STEPS TO STARTING CPAP TREATMENT

1. GP referral
2. Sleep specialist consultation at the Woolcock Clinic
3. Overnight sleep study for suspected OSA
4. Based on your results the sleep specialist will recommend CPAP therapy, surgery, dental splints and/or lifestyle changes for OSA
5. *If CPAP therapy is chosen:* CPAP Education and mask-fit session and
6. Additional CPAP sleep study (Pressure Determination study)

CPAP Education and Mask-fit Session

The key to successful CPAP therapy starts with a good foundation of education. The purpose of your education and mask-fit session is to provide you with information about OSA, the benefits of CPAP therapy together with selecting the most suitable CPAP mask for you.

Pressure Determination Study (PD)

After you have had your CPAP education and mask fitting session, you will be required to have an overnight CPAP sleep study (PD) to determine the correct level of pressure required to prevent airway closure. During this study you will wear a CPAP mask that is connected to a CPAP machine. The pressure will be adjusted during your sleep to obtain the correct pressure for you.

You will receive a CPAP prescription to take to a CPAP supplier of your choice, generally within a few days of your CPAP study. This will tell them what mask is likely to fit well. It will also say what pressure you need on your pump.

HOW IS THE WOOLCOCK CPAP CLINIC DIFFERENT?

The Woolcock Clinic is part of the Woolcock Institute of Medical Research – a leader in sleep and breathing research.

All staff have extensive knowledge and experience in CPAP and are supported by a team of doctors who are specialists in sleep and respiratory medicine.

PROBLEMS WITH CPAP

Many patients experience problems when starting CPAP treatment. Most problems resolve themselves as you become used to sleeping with a mask and machine, however other problems require assistance to ensure you continue using CPAP and gain optimal benefit from your treatment. Common problems with CPAP include:

- Adjusting to sleeping with a mask and machine
- Nasal irritation from the air blowing into the nose
- Setting the air pressure correctly so you feel the benefit during the daytime
- Finding a mask that is just right for you - one-size-fits-all does not apply to CPAP masks
- Leaking air through the mouth due to the mouth not being fully closed while you sleep

If you experience difficulties using your CPAP, our Complex CPAP Care Clinic is available to help resolve your CPAP issues.

HOW CAN THE WOOLCOCK CPAP CLINIC HELP YOU?

Our sleep physicians are medically trained professionals who will advise the best treatment option to suit you.

If CPAP is suitable for you, our experienced CPAP therapists will advise you on the best mask, guide you through the initial settling-in period, resolve issues and make sure you are getting the best possible treatment while gaining confidence using the equipment.

If you suspect you have OSA, see your doctor who will be able to refer you to our expert sleep specialists.

The Woolcock Institute of Medical Research is a not-for-profit organisation.

If you are interested in further information about becoming involved in our research studies or donations, please visit our website www.woolcock.org.au.

Your contribution will make a difference.
Thank you for your support.

