



Understanding sleep apnea

PHILIPS


RESPIRONICS

What is Obstructive Sleep Apnea (OSA)?

OSA is a common, yet often undiagnosed sleep disorder. It afflicts 20 million adult men and women in the U.S. People who have OSA stop breathing repeatedly during sleep because their airway collapses.

Airway collapse may be due to such factors as a large tongue, extra tissue in the airway, or decreased muscle tone holding the airway open. As a result, air is prevented from getting into the lungs.



Normal Breathing



Obstructive Sleep Apnea

These pauses in breathing can happen 30 times or more per hour. When healthy sleep is interrupted in this way, the risk of developing cardiovascular disease and other serious health conditions may increase.

How do I know if I have OSA?

OSA can occur in men, women and children of all ages and sizes. Most people who have OSA do not realize they suffer from the condition. Often, it is the bed partner who notices the first signs of OSA.

If you or someone you know snores regularly and has one or more of the following symptoms, it may be OSA. Check all of the following that apply, and share this list with your doctor.

Key signs and symptoms include:

- excessive daytime sleepiness
- loud or disruptive snoring
- gasping or choking during sleep

Other common symptoms include:

- grogginess and morning headaches
- frequent urination at night
- depression and irritability

OSA is more common in people who:

- are obese
- have a large neck or crowding of the upper airway

What happens if I have OSA and I don't treat it properly?

People who do not seek diagnosis and treatment for OSA may increase their risk for:

- high blood pressure
- irregular heart rhythms or heart disease
- heart attack
- stroke
- driving or work-related accidents

How is OSA diagnosed?

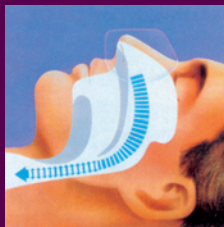
- discuss sleep complaints and symptoms with your doctor
- if a sleep disorder is suspected, your doctor will refer you to a sleep specialist for evaluation
- an overnight diagnostic sleep study, known as a polysomnogram, or PSG, is used to determine the type and severity of the sleep disorder, as well as appropriate treatment

What is the treatment for OSA?

- positive airway pressure (PAP) therapy is the treatment of choice for OSA
- PAP therapy provides a flow of air pressure through your nose using a mask
- the air pressure prevents airway collapse, allowing you to breathe freely while you sleep
- PAP therapy is noninvasive and can alleviate the symptoms of OSA when used as prescribed



Obstructive Sleep Apnea



PAP Therapy

“Once I started acclimating and getting better with the treatment, the benefits were significant. It really made a significant improvement in my life.”

– Matthew A., Lafayette, LA

CPAP – the treatment of choice

- continuous positive airway pressure (CPAP) is the most commonly used PAP therapy
- CPAP provides a continuous stream of air pressure to keep your airway open
- some Resironics' CPAP systems feature C-Flex, which lowers the pressure slightly as you begin to exhale for added comfort

Alternative treatments

- bi-level PAP (with a Resironics BiPAP machine) may be prescribed for severe cases of OSA
- auto-PAP (auto-adjusting CPAP or bi-level device) adjusts the pressure as you sleep according to your needs
- surgery
- body position modification
- oral appliances

What are the benefits of regular treatment?

Regular use of PAP treatment can minimize the impact of OSA. The benefits of effectively treating OSA through the regular nightly use of PAP treatment may include:

- increased energy and attentiveness during the day
- lower blood pressure
- decreased risk of strokes and heart attacks
- increased effectiveness at home or at work
- improved overall quality of life

Keys to effective treatment for OSA

You may encounter problems adjusting to the equipment during the initial weeks of therapy. The problems are easy to correct if communicated to your homecare provider.

Solutions to mask discomfort

- red marks – loosen the headgear
- mask leak – slightly reposition the mask to allow it to re-seal or adjust the headgear until the leak stops
- difficulty with fitting properly – adjust the headgear, or ask your homecare provider for another mask size or type

Solutions to nose or mouth discomfort

Some discomfort with your nose or mouth will resolve over time. If it doesn't, try these suggestions:

- drink plenty of water
- use saline nasal spray
- try nasal decongestants
- ask your homecare provider to add a humidifier to your PAP device
- ask your homecare provider for a chin strap

Solutions to airway pressure discomfort

Comfort settings, such as a ramp or flex, may help you adapt to the pressure. Ask your homecare provider if these settings are included in your device.

"It (CPAP therapy) helps you get control over your health. It just makes you feel better about yourself. Who doesn't want to be a happy family person? Who doesn't want to be a good employee?"

– Dee S., Lafayette, LA



Living with OSA

It is important to be an active participant in your care, and focus on the benefits of treatment. PAP therapy is a treatment, not a cure.

- use your therapy device each and every night, even if you travel; sleep apnea will return on nights when therapy is not used
- be patient and persistent while you adjust to therapy
- talk to your doctor or homecare provider about any issues or side effects you may encounter
- seek support from loved ones, local patient groups, or internet resources
- consider lifestyle changes, such as weight loss (if needed), good sleep practices, and avoidance of alcohol, sedatives and hypnotics

Important

If signs or symptoms of OSA return after you start to use PAP therapy, contact your doctor to discuss your treatment.

“If you’re using therapy every night and don’t feel better, something is wrong. Find out what’s wrong and fix it.”

– Raul G., Chicago, IL

**Philips Healthcare is part
of Royal Philips Electronics**

Philips Respironics
1010 Murry Ridge Lane
Murrysville, PA 15668

How to reach us

www.philips.com/healthcare

Fax: +31 40 27 64 887

Customer Service

+1 724 387 4000

800 345 6443 (toll free)

Asia

+852 2821 5888

Respironics Europe,
Middle East, Africa

+33 1 47 52 30 00

Europe, Middle East, Africa

+31 40 27 87246

Respironics Asia Pacific

+852 3194 2280

Latin America

+55 11 2125 0764

www.philips.com/respironics

North America

+1 425 487 7000

800 285 5585

(toll free, US only)

**For more information about sleep apnea, talk to your healthcare
provider or visit sleepapnea.com**

Respironics and BiPAP are trademarks of Respironics, Inc. and its affiliates.
The C-Flex mark is used under license.

© 2009 Koninklijke Philips Electronics N.V.
All rights are reserved.

Philips Healthcare reserves the right to make changes in specifications and/or to
discontinue any product at any time without notice or obligation and will not be
liable for any consequences resulting from the use of this publication.

Hoech KW 1/19/09 MCI 4102035 PN 1034744