



The Beginners Guide to

SLEEP APNOEA

& CPAP Therapy



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Approved Supplier

Chances are, if you're reading this, you're either currently being tested for or have been already diagnosed with Obstructive Sleep Apnoea (OSA). Not to worry, you are not alone and Beechfield Sleep are here to help!

OSA is a common sleep disorder, affecting as much as 10% of the population. Left untreated, OSA can severely negatively affect your wellbeing and quality of life. OSA is linked with cardiovascular issues such as stroke, hypertension and heart failure. Of serious concern is excessive daytime sleepiness that has been linked with road traffic accidents, whereby the individual with untreated OSA falls asleep at the wheel.

“However, there is good news! OSA is easily and successfully treated by means of a CPAP machine – that’s where we come in”

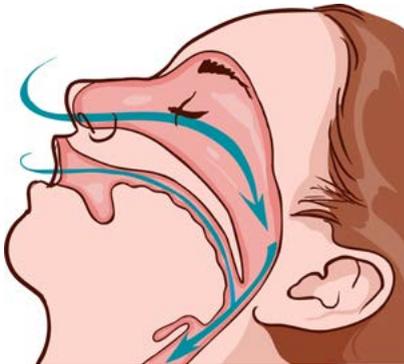
....So less yawning.

You're probably yawning as you read this!

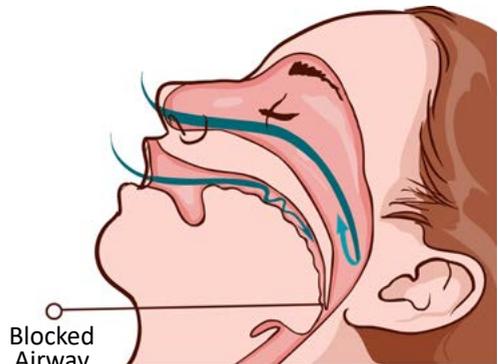


So... you're wondering what is OSA?

The word 'apnoea' is derived from Greek terminology meaning 'without breath'. Therefore, Sleep Apnoea is the name used when these gaps in breathing occur at night while you're asleep.



Normal Airway



Sleep Apnoea

So you're asking yourself 'how does this happen?'

During apnoea episodes, the muscles supporting your airway relax, thus stopping air from getting into your lungs. Your airway will either totally collapse or partially collapse.

The latter corresponds to a sharp decrease in airflow for 10 seconds or longer. This means that when your airway is closed over, your blood oxygen levels drop. This may happen many times over the course of the night, with the airway only able to reopen through the effort of snoring or gasping for breath.

Now you're probably thinking 'but I don't snore!'. The truth is however, that most people with OSA are not aware that they snore and are totally oblivious to any choking sensation/pauses in breathing while asleep! More often than not, it is either a partner or a housemate that picks up on the symptoms of OSA before the individual themselves.

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But.... The symptoms of OSA do manifest themselves during the day! People with OSA can typically relate with the following:

- Feeling inclined to nod off during daytime hours
- Trouble concentrating
- Memory loss
- Morning headaches
- Hypertension (high blood pressure)
- Nocturia i.e. a frequent need to use the loo at night
- A general feeling of tiredness
- Poor energy levels despite having had a good night's sleep



Treating OSA – Becoming Familiar with Your CPAP Machine

Although there are a few ways to treat OSA such as making lifestyle changes (i.e. losing weight), positional therapy devices and mandibular advancement devices, CPAP is the gold standard and the preferred treatment option of the majority of sleep consultants.

Continuous Positive Airway Therapy (CPAP) essentially is a device used at night which delivers a prescribed air pressure via a mask to your airways. The primary aim of therapy is to ensure the airway is kept open so that apnoea's do not occur.



Based on the results of your sleep study, your consultant/physiologist will prescribe a therapy which best suits your individual requirements in order to relieve symptoms. You will be commenced on one of the following therapies:

1. **CPAP** – a fixed pressure which will provide a constant airflow as per prescription throughout the night.
2. **APAP (Automatic Positive Airway Pressure)** – will provide a varied pressure throughout the night in concurrence with the amount/severity of apneas occurring in the airway.
3. **BiPAP (Bi-Level Therapy)** – will provide a higher level of pressure upon inhaling but lower on exhaling. It is designed for people who need additional breathing support.

This may all sound overwhelming for you at the moment but whatever therapy you are commenced on, your Beechfield Sleep Patient Manager will be there to support you every step of the way!



Getting Started with CPAP

Your CPAP needs to be positioned either at a lower or equal level to your head while you sleep, e.g. bedside locker. If your bedside locker is higher than your bed you can place your CPAP on a lower stool or on the floor.

After attaching the tubing to the device, put on your mask as instructed by your Beechfield Sleep Patient Manager. Sometimes it is best to try this while looking in the mirror for the first few attempts until you get used to the correct mask application technique.

In order to minimise the risk of facial marking and air leaks to your face and eyes, it is essential that you pull the mask straps equally on either side when adjusting. The best way to check that the mask is not too tight is to see if you can fit two of your fingers inside the mask straps without difficulty.



After putting on your mask you should turn on your CPAP and check for leaks. Leaks happen when your mask is incorrectly fitted or not applied correctly.

A leak can result in air escaping around the sides of the mask, often causing irritation to the face and eyes. Should this happen to you, it just means that your mask needs to be adjusted. Try repositioning and tightening your mask straps. If your mask is more than 12 months old, it could mean that you need to replace it. Like everything, your mask has a limited lifespan so you should consider replacing your mask at least every 12 months. If your leak problem persists contact your Beechfield Sleep Patient Manager who will gladly help in solving the issue.

Nasal Mask Users:

It is important that you keep your mouth closed during therapy. If air escapes via your mouth, this can decrease the effectiveness of therapy and may cause your mouth to feel dry. If you are prone to sleeping with your mouth open, you should consider using a full-face mask when commencing therapy. Your Beechfield Sleep Patient Manager will assist you to select the most suitable and comfortable mask for you.



Nasal Mask



Nasal Pillows Mask



Full Face Mask

The Importance of CPAP Compliance

There is no overnight fix for OSA and some people take longer to see results than others. There are some things you can do to help things along and remember your **Beechfield Sleep Patient Manager** is just at the other end of the phone!

1. In order for CPAP therapy to be a success, it is essential that you follow your consultant's/physician's recommendations at all times. After all, they have devised a treatment plan tailored to your needs.
2. The only people qualified to change your CPAP settings are your consultant/sleep physiologist, your respiratory nurse or your Beechfield Sleep Patient Manager.
3. Failure to follow your prescription will result in your treatment being ineffective and you won't experience the many benefits of therapy!



4. Get used to wearing your mask – in the initial stages of therapy, it is encouraged to wear your mask in the evening time around the house if possible without being connected to your CPAP. This helps you to get used to the sensation of the mask on your face. It's like buying a new pair of shoes and breaking them in – the more you wear them, the more accustomed to them you will become.

Remember, it takes 21 days to make a habit – give your mask a fair chance!

Small Lifestyle Changes Can Make a Big Difference!

- ✔ Try to get into a regular bedtime routine as much as possible
- ✔ Ensure that your bed is always comfortable – fresh sheets and airing your bed each day can be beneficial
- ✔ Lose weight if advised by your consultant
- ✔ Getting exercise will help you sleep
- ✔ Try taking a hot relaxing bath before bed
- ✘ Avoid eating heavy meals late in the evening
- ✘ Avoid drinking alcohol before bedtime
- ✘ Avoid taking naps in front of the television in the evening – it might make it harder to fall asleep in bed later on!



Lose Weight



Exercise



Relaxing Hot Bath

Note: The consumption of alcohol and/or sedatives such as sleeping tablets promote the relaxation of airway muscles, thus contributing OSA symptoms.



Avoid Late Heavy Meals



Avoid Alcohol Before Bed



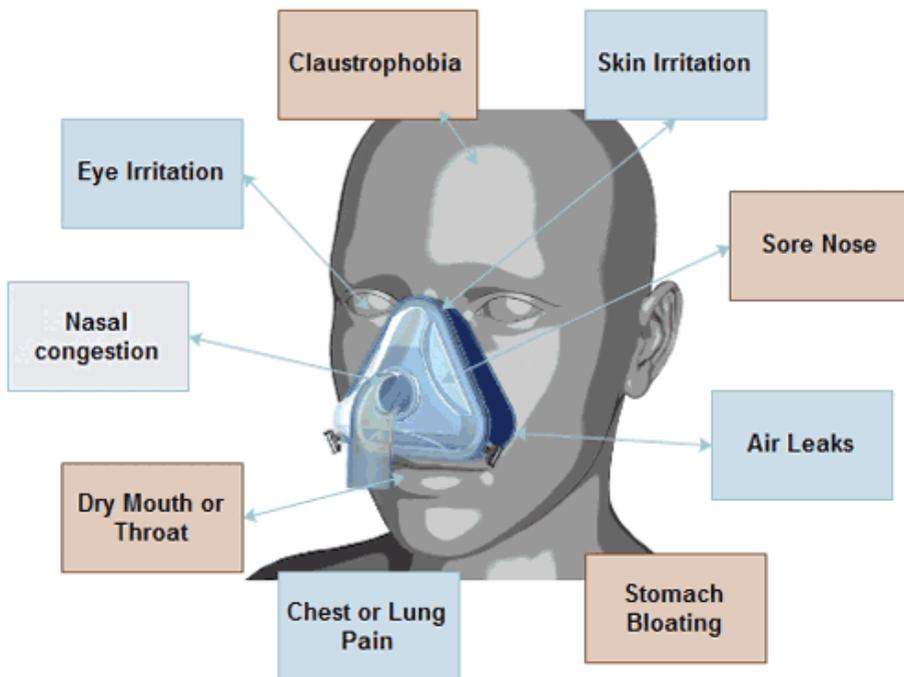
Avoid Evening Naps



Avoid Sedatives

Managing Side Effects

As with any course of treatment, some people may experience some side effects when starting CPAP therapy. Since we don't want anything coming between you and a good night's sleep, we have written down some tips to help you manage any common problems!



Dry mouth: If your mouth stays open while you sleep, your CPAP will increase the amount of air it produces which can result in a dry mouth. Using a humidifier will decrease any dryness significantly. Humidifier settings can be altered to best suit your needs. Alternative remedies include using a chinstrap to help keep your mouth closed or using a full-face mask which covers both your nose and mouth.

Mask leaks: This will usually be resolved by re-adjusting your mask on your face. Take off and reapply your mask and tighten your headgear as advised by your Beechfield Sleep Patient Manager. Ensure that you don't over tighten the mask straps. Contact your Beechfield Sleep Patient Manager if mask leaks persists.

Headaches: Headaches can occur if the straps of the mask are adjusted too tightly across your forehead. Loosen slightly and see if the problem improves. Morning headaches are also a common symptom of OSA. If they do not subside after starting CPAP therapy, you may not be using CPAP long enough to see results.

Discomfort from gushing of air/too much pressure: Depending on the individual, it may take days, weeks or even months for the person to become totally accustomed and comfortable with therapy. Try and relax as best you can while taking deep breaths through your nose while keeping your mouth closed. Don't hesitate to call your Beechfield Sleep Patient Manager for support.

Blocked or runny nose: This is common at the initial stages of treatment and usually resolves on its own. However, if it's very uncomfortable you can consider trying an over the counter nasal spray to relieve symptoms.

Strap marks or rash around the nose or face: This is usually caused by over-tightening your mask straps and usually resolves by loosening them slightly. Always ensure that you can get two fingers under the straps at the same time to prevent sores occurring. If facial marks don't subside a short time after removing your mask in the morning, please call your Beechfield Sleep Patient Manager. In some cases, the person may be sensitive to the mask itself. This is easily solved by wearing a mask liner under your mask.

Irritated eyes: Mask leaks through the top of your mask may cause dry, sore eyes. Check that your mask is tightened correctly so that the seal is strong enough to prevent leaks occurring. If the problem persists contact your Beechfield Sleep Patient Manager for some guidance on resolving the issue.

Nose bleeds: Nosebleeds can occur when your nasal passages becomes dry or irritated. You should contact your consultant or Beechfield Sleep Patient Manager should you experience nosebleeds.

Air coming from device is warmer than usual: This usually happens when the filter is clogged with dust particles or blocked by bedclothes, curtains or other materials.

Replace (or alternatively clean) the filter and check that your CPAP is free from any other blockages. Alternatively your bedroom may be too warm and you may need to turn down the heating or open windows.



Cold/Flu/Ear Infection/Other Illness: Should you acquire an infection of the upper respiratory system, inner ear or other illness, please contact your consultant or your Beechfield Sleep Patient Manager. You may have to temporarily cease therapy, depending on your consultant's recommendations.

Cold nose: This can happen when the air in the room is too cold. Air can cool down while moving from the CPAP device down through the tubing. When this happens the temperature in your bedroom may need altering. You can change the position of the tubing so that it runs under the bedsheets or alternatively you can contact your Beechfield Sleep Patient Manager who will provide you with a tube warmer to ensure the air doesn't get too cold for you to tolerate.

Bloated Stomach: Excess air may cause your stomach to become bloated or distended. Should this happen you need to contact your Beechfield Sleep Patient Manager or Sleep Consultant as your CPAP pressure may need adjusting.

Equipment fault: If your CPAP fails to turn on, stops and starts or an error message comes up on the screen please contact your Beechfield Sleep Patient Manager or alternatively the Beechfield Helpdesk on (057) 8682304. There may be a number of causes for these faults. It is always best to ensure that the CPAP is the only device plugged into a socket at any given time.

Snoring still present/Energy levels not improved: Consistency is key in ensuring that your CPAP therapy is effective and you see results ASAP! This means, that ideally you should be getting 5 hours plus therapy each night.

Obviously, the longer you use CPAP, the better you will feel. In some instances, there is a chance that you might need your pressure or mask adjusted. Your Beechfield Sleep Patient Manager or sleep clinic can help you determine if this is the case.

“Consistency is key in ensuring that your CPAP therapy is effective and you see results ASAP! This means, that ideally you should be getting 5 hours plus therapy each night.”

Cleaning and Maintaining your CPAP & Accessories

Quick tip: Always carry out any cleaning of your CPAP and accessories as early as possible in the morning. This ensures that everything will have dried sufficiently for when you are using your device that night.

Part	Cleaning Method
Mask	Clean daily with a non-scented babywipe. Make sure that you only apply gentle pressure so you don't affect the seal. Airdry
Tubing	You can also wash your mask's straps in lukewarm, soapy water when needed (Once or twice a month is plenty!) Just remember to remove the straps from the mask first.
CPAP Device	Clean once a week with warm, soapy water and ensuring you rinse out with clear water afterwards – you don't want a smell of soap coming from their CPAP! Hang up to dry – hanging over your shower door is a good option.
Filter	An occasional wipe down should suffice. If you feel the need, you can use a damp cloth/sponge with a warm, soapy water. Just make sure that your device is unplugged from the mains first and is completely dry before you plug it back in at night.
Humidifier	You should rinse out your humidifier daily and can give it a thorough wash once a week using warm, soapy water. Alternatively you can put it in the dishwasher. Always use distilled/purified water purchased from your pharmacist. If this is not possible, use cool, boiled, bottled water.



DeVilbiss Blue AutoPlus

Model Code: DV64



Available with or without a humidifier, the DeVilbiss Blue AutoPlus detects, reports and differentiates between hypopnoeas, obstructive apnoeas, snoring, expiratory puffs, leaks, flow limitations, RERAs, central apnoeas and periodic breathing.

The algorithm in the DeVilbiss Blue sets a new standard of data and performance. Improved sensitivity to a full spectrum of respiratory events means it detects more data and responds to a new level of accuracy, giving the user the most comfortable experience.

To maximise patient comfort the device uses innovative features such as SmartFlex & Flow Rounding, helping to ensure maximum patient compliance.

HALF PRICE
ONLY €37.50 PER MONTH

For the first 6 months. €75 per month thereafter.
Based on a minimum 12 month contract.

DeVilbiss SleepCube AutoPlus

Model Code: DV54



The SleepCube Auto Plus is an auto adjusting PAP device with SmartFlex expiratory relief comfort feature. With its unique auto adjusting algorithm the SleepCube Auto Plus is equally suitable for performing overnight titrations in hospital or at home as it adjusts its pressure in response to apnoeas, hypopnoeas and snoring, finding the optimum pressure settings throughout the night.

The SleepCube Auto Plus is equipped with SmartFlex expiratory relief and Flow Rounding comfort features

HALF PRICE
ONLY €32.50 PER MONTH

For the first 6 months. €65 per month thereafter.
Based on a minimum 12 month contract.

JoyceOne Nasal CPAP Mask

Model Code: WM25260

NASAL
MASK



The JoyceOne Nasal CPAP Mask is the latest release by Loewenstein Medical, featuring their latest CPAP mask technology, their SilkTec silicone coating on both the forehead and mask cushions offers alternatives to those who want a change from their gel cushioned masks. Assembly of the mask is colour co-ordinated to assist for those who regularly travel; the straps are also able to be altered to allow for comfort and flexibility if you are an active sleeper. The JoyceOne Nasal CPAP Mask is available in one size, the SilkTec coating aids in sealing around the nasal area.

Eson 2 Nasal Cushion CPAP Mask

Model Code: ESN2MU

NASAL
MASK



The Eson 2 was designed to meet the needs of patients and sleep professionals, at every important milestone in the CPAP therapy journey. The Eson 2 features over 20 separate upgrades over the original Eson Mask, and the highlight is a narrower cushion that reduces the contact area with the face. The new shape provides a more secure fit, allowing for greater freedom of movement and a more reliable seal.

The new highlighted connections make putting the mask together after cleaning much more intuitive, and the headgear now has a blue crown strap to easily identify which way round it goes.

Available in Small, Medium & Large Sizes.



AirFit N20 Nasal CPAP Mask

Model Code: 63512

NASAL
MASK



ResMed

The ResMed AirFit N20 Nasal CPAP Mask features the InfinitySeal cushion – which ResMed claim is the most adaptive they have ever designed – along with a soft and flexible frame that includes integrated padding. The result is a mask designed to comfortably move with you and provide a reliable seal throughout the night, regardless of sleep position.

The N20 also features a quick-release elbow which makes it simple to disconnect from the tubing without removing the mask.

Available in Small, Medium & Large Sizes.

Brevida Nasal Pillows CPAP Mask

Model Code: BRE1SU

NASAL
PILLOWS
MASK



Fisher & Paykel
HEALTHCARE

Fisher & Paykel launch one of the most comfortable and easy to use nasal pillows mask on the market, the Brevida. Designed with extensive patient research in mind, F&P understand the challenge it is for some users to adjust to CPAP therapy, which is why this mask not only provides the user with comfort but also restores confidence in CPAP use.

The Brevida features an innovative AirPillow seal which inflates to form a soft 'pillow' of air, while firmly sealing in and around the nose. The Brevida mask has been made user-friendly with a simple to adjust headgear strap.

Available in Extra Small/Small or Medium/Large.

AirFit P10 Nasal Pillows Mask

Model Code: 62901

NASAL
PILLOWS
MASK



With the new AirFit P10 from Resmed comes a mask that offers a new standard in quiet, unobtrusive CPAP therapy. Being around 50% quieter and 50% lighter than Resmed's previous Nasal Pillows mask, the Swift FX, the AirFit P10 offers new levels of comfort.

The AirFit P10 has dramatically enhanced the effect of air diffusion exhalation in CPAP. The mask comes with a new QuietAir woven-mesh design to softly vent air away from the face so that it's hardly noticeable to CPAP users and their partners. Available in one size.

Nuance & Nuance Pro

Model Code: 1105161

NASAL
PILLOWS
MASK



The Nuance and Nuance Pro by Philips Respironics utilises the comfort and sealing power of gel in a nasal pillow mask. With the choice of a soft cloth or silicon frame with gel pads, the Nuance and Nuance Pro could be the most comfortable mask ever.

The innovative gel nasal pillows seal the opening of the nose to deliver the therapy pressure. The soft and flexible gel ring comes in three sizes and conforms to the shape of the nose.

The Nuance and Nuance Pro's elbow connection features micro exhalation ports to both soften and quieten the exhalation stream, reducing the chance of the therapy disturbing you or your partner's sleep.

Amara View Full Face CPAP Mask

Model Code: 1090603

FULL
FACE
MASK



PHILIPS
RESPIRONICS

The Amara View's innovative under-the-nose-design prevents red marks or irritation, meaning superior comfort and performance for you. It provides you with a wide and open vision, so you can wear glasses, read and watch television before bed. It comes with super-soft fabric straps that are quick and easy to disconnect for your ease.

One of the smallest and lightest of all leading full face masks, the Amara View comes with one modular frame for all cushion sizes, and has quick disconnect tabs so it can be taken on and off easily.

Available in Small, Medium & Large.

AirFit™ F10 Full Face Mask

Model Code: 63107

FULL
FACE
MASK




ResMed

The ResMed AirFit™ F10 full face mask delivers the comfort and reliability patients have grown to trust in our traditional full face masks, but in a compact design. Your line of sight isn't affected when you're wearing it, so you can wear your glasses, read or watch TV in bed with your mask on.

The Airfit F10 Full Face Mask is small and lightweight, giving patients an added level of comfort and usability. It includes a dual-wall Spring Air™ cushion that is both comfortable and effective, and SoftEdge™ headgear that features slimmed-down straps for maximum comfort and fewer facial marks.

Available in Small, Medium & Large.

Transcend 3 Mini CPAP Machine

Model Code: 503104



JUST ARRIVED
€849

The Transcend 3 Auto Mini CPAP Machine is the ultimate travel companion. If you need to take your CPAP machine with you for work or pleasure, the Transcend 3 Auto's compact size and weight makes it the perfect solution. The optional battery packs are similarly small, meaning you no longer have to lug around a bulky, heavy battery pack. Revolutionise your travelling with a Transcend 3 Auto Mini CPAP Machine. Plus – its high build quality and specifications mean can be used as your primary machine, too.

P4 Overnight Battery

12V DC Power Adaptor



The incredibly small P4 Mini CPAP battery is comparable in size to a large deck of playing cards and provides around 8 hours of charge. It's charged from a mains source or through DC power using the Transcend DC Mobile Power Adapter (available separately).

The Transcend 12V DC Mobile Power Adapter allows you to power your Transcend CPAP Machine from a 12V source. It can also be used to charge your Transcend P4 or P8 Battery. Comes with its own bag for ease of portability.

€379

€159



Beechfield Sleep is part of Beechfield Healthcare Ltd which is based in Portlaoise Co Laois and Leopardstown Co Dublin. We are an Irish owned company with over two decades of experience in the Irish healthcare industry.

Beechfield Sleep are the Irish distributors for Drive Devilbiss, a world leader in the design and manufacture of respiratory medical products that address the respiratory needs of patients in institutional and homecare settings.

