

# What is a CPAP

## and how does it work?

CPAP stands for Continuous Positive Airway Pressure.

But what does it mean concretely?

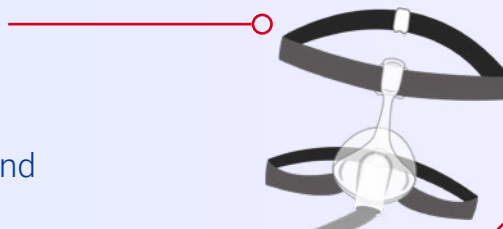


A Continuous Positive Airway Pressure (CPAP) is a machine that softly pumps ambient air into a mask that you wear over your nose and possibly your mouth when you sleep. The continuous flow of air into your throat helps keep your airways open – and potentially eliminates snoring and apneas, leading to more restful sleep.

CPAP is the standard treatment for moderate to severe obstructive sleep apnea.<sup>1</sup>

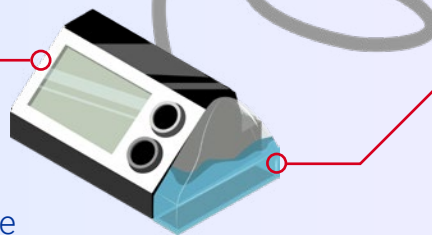
### The components:

**A mask** fits over your face during the night. There are many different shapes and sizes. Getting the right mask is essential for the comfort and effectiveness of your treatment, so it's important to identify the one that's perfectly right for you



**A tube** that connects the machine to the mask

**A compact machine** with a silent turbine that softly pumps ambient air at a certain pressure into a mask that you wear over your nose and possibly your mouth when you sleep



**The humidifier** is an optional accessory integrated to the machine so that the air you breathe can also be heated and humidified, which makes it more comfortable

1. Clinical Guidelines for the Manual Titration of Positive Airway Pressure in Patients with Obstructive Sleep Apnea, Positive Airway Pressure Titration Task Force of the American Academy of Sleep Medicine, Journal of Clinical Sleep Medicine, Vol. 4, No. 2, 2008