

# DECODING HOW SLEEP WORKS

is the first step to seeing how much **CPAP HELPS YOU** to get back on track!

## What happens when we sleep?

Sleep is not an “off-time”, it is a **dynamic process** with different stages, all of which are important.

We **naturally cycle through these stages** about 5 times each night.

## SLEEP STAGES

- **Rapid Eye Movement (REM) Sleep** often called 'dreaming' sleep.
- **Light Sleep**
- **Moderate Sleep**
- **Deep Sleep** deepest stage of sleep, where it's hardest to wake up. It is essential for feeling rested.

Remember, most adults need about 7-9 hours of sleep per night.

Your goal is to use your **CPAP every time you sleep** to ensure you're getting those **smooth, restorative cycles that your body and mind need!**

If you experience difficulties with sleeping or using your CPAP therapy, please contact your home healthcare provider for help.

*References:* Carskadon, M. A., & Dement, W. C. (2005). Normal human sleep: an overview. *Principles and practice of sleep medicine*, 4(1), 13-23. ; McArdle, N., & Douglas, J. (2001). Effect of continuous positive airway pressure on sleep architecture in the sleep apnea-hypopnea syndrome: a randomized controlled trial. *American journal of respiratory and critical care medicine*, 164(8), 1459-1463. ; National Sleep Foundation (2025). *How Many Hours of Sleep Do You Need?* <https://www.thensf.org/how-many-hours-of-sleep-do-you-really-need/>

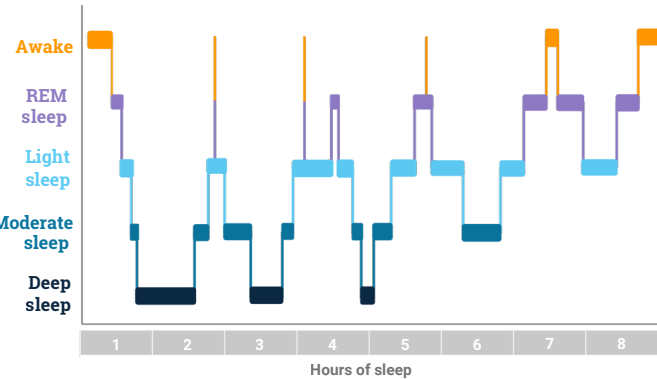
# UNDERSTAND YOUR SLEEP

**Starting CPAP** (Continuous Positive Airway Pressure) is a major step toward **better health and more restful sleep.**



# THE GOAL: NORMAL SLEEP

A healthy sleep pattern is organised into smooth and predictable cycles.



✓ **Deep Sleep is mostly early**  
Most of your deep sleep occurs in the first half of the night. This is crucial for physical and mental restoration.

✓ **REM & Light Sleep later**  
Light Sleep and REM Sleep (dreaming) become more prominent in the second half of the night.

✓ **Brief Awakenings are normal**  
Everyone experiences a small number of brief awakenings between cycles. It is completely normal, and you might not even remember them!

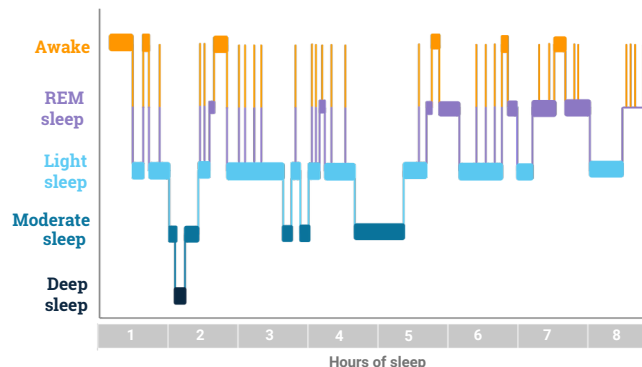
# HOW DOES UNTREATED OSA FRACTURE SLEEP?



Obstructive Sleep Apnoea (OSA) can **impact the sleep patterns**, resulting in disruptions and **more awakenings**:

- ✗ **More fragmented sleep**
- ✗ **Less Deep Sleep & Reduced quality of sleep**
- ✗ **Daytime fatigue, sleepiness, poor mood**
- ✗ **Health risks**  
(Oxygen drops & heart health)

*Sleep pattern of a person with untreated OSA*



# THE GOOD NEWS?

CPAP therapy can reverse these negative consequences.



*When you use CPAP, your sleep pattern will start to look more like the 'Normal Sleep' again!*

Positive Airway Pressure (PAP) therapy keeps the **airway open** during sleep, and **prevents these awakenings and broken sleep patterns**.

## SLEEP NATURALLY EVOLVES WITH AGE

Compared with younger adults, healthy older adults experience:



- **More Light Sleep**
- **Less Deep Sleep**
- **More (brief) awakenings**

These are normal changes. Healthy older adults still experience all sleep stages, sleep cycles, and feel and function well during the day.