

CPAP device

This device is used to prevent breathing pauses while sleeping. It provides continuous air pressure through a mask to keep the airway open at all times. The initials “CPAP” stand for “*continuous positive airway pressure*”.



Parts of the CPAP device

1. Pressure generator: it is an electric motor. It has an **air filter** to prevent the passage of dust particles. Each patient needs a different air pressure: this will be indicated by the doctor.

One function available on the device is the so-called ramp function, which allows the pressure to be reduced slightly at the start of sleep to facilitate adaptation and to make it easier to adapt and to fall asleep.

2. Tubing: Is the tube through which the air exits the generator into the mask.

3. Mask: it is adapted to each patient so that it is comfortable and **fits the patient perfectly**. There are three types: nasal, bucconasal and nasal “pillows”.



4. Humidifier: to humidify and warm the air in case of nasal, oral or pharyngeal dryness or nasal congestion.

Use of the CPAP device

It should be used every day, whenever you go to sleep and for as many hours as possible.

It is not a curative treatment: if you stop using it, the problem will reappear.

Cleaning and maintenance of the equipment

- Clean the outside of the device with a damp, lint-free cloth with a mild detergent solution.
- Wash the air filter at least once a week with warm water and mild detergent.
- Rinse it thoroughly and dry it in the air (never in the sun) and without twisting it. It should be replaced at least once a year.
- Wash the mask daily with soap and water and allow it to air dry (never in the sun) before reuse.
- Wash the tubing weekly with distilled water and soap and hang to dry.
- The original connections must be maintained. If you have any problems, you can call the company that supplied you with the CPAP.
- The supplying company is responsible for the general maintenance of the device.



Monitoring of CPAP users

The primary care team and the pulmonology service should monitor sleep quality, symptoms and weight, and provide hygienic-dietary recommendations, as well as monitor compliance and adverse effects.