



## Nasal Continuous Positive Airway Pressure

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### Abstract

Nasal continuous positive airway pressure (CPAP) therapy is a nonsurgical treatment that provides a flow of air to the lungs from the nose. Nasal CPAP is a common treatment for those with a sleep disorder that disrupts normal breathing and interrupts deep sleep. It may also help infants with underdeveloped lungs breathe more easily.

Individuals of all ages who have obstructive sleep apnea often make good candidates for nasal CPAP therapy. Some obstruction in the airway typically creates these pauses in breath. Throat muscles that relax too much to allow normal breathing can block the flow of air. A large tongue or tonsils may also create an obstruction. A blocked airway can cause the individual to snort, choke, or gasp. At this point, the problem tends to correct itself and breathing resumes, only to become blocked again moments later

### Symptoms

The corrective periods in between pauses are often so brief that the individual doesn't remember them. That's why in many cases, sleep apnea goes undetected. Symptoms, however, may include:

- snoring loudly (though not everyone who snores has sleep apnea)
- gasping or choking during sleep
- feeling irritable, depressed, grumpy, or impatient during the day
- falling asleep at the drop of a hat, such as while watching television, reading, or even working
- forgetting things
- having frequent or hard-to-treat headaches
- having morning dry mouth or sore throat
- other related conditions

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People with mild sleep apnea may find relief through simple lifestyle changes, such as avoiding alcohol, losing weight, and using nasal sprays or allergy medications. Others breathe more easily with a custom-made mouthpiece or oral appliance that adjusts the position of the lower jaw and tongue to help keep airways open during sleep.

Individuals with moderate to severe obstructive sleep apnea, however, often require a breathing device called a nasal CPAP machine. This device blows air into your nose through a nose mask, helping to keep the airway open while you sleep. A small machine, called an air compressor, is placed on a bedside table and connected to a tube and mask that fits over your nose. This machine delivers a steady flow of air through the tube and mask, exerting just enough pressure to keep muscles and tissues from collapsing and blocking the airway.

Your doctor or nurse will help you choose the mask that best fits over your nose, and then will adjust the settings on the CPAP machine to the pressure required for your condition. If you don't notice improvements after a week or so, check back with your doctor, as they may need to adjust the pressure settings.

After using the machine regularly, most patients report dramatic benefits, including the following:

- improved sleep
- less anxiety and better overall mood
- improved concentration and memory
- increased productivity

### Complications Associated with Nasal CPAP Therapy

Though most people get used to using the CPAP machine over time, others experience problems. These may include the following:

### Conclusion

CPAP devices may be used to support patients affected by however, they recommended additional filtration as non-invasive ventilation may increase the risk of infectious transmission and wake up at the same times each day, even on weekends.

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