
Introduction

Obstructive sleep apnoea (OSA) is a relatively common condition where the walls of the throat relax and narrow during sleep, interrupting normal breathing.

Treatment for OSA

Continuous positive airway pressure CPAP is a treatment for sleep apnoea. CPAP stops your airways from narrowing whilst you sleep by delivering a continuous supply of compressed air through a mask. This allows you to sleep better and helps to maintain the correct oxygen levels.



Your appointment

During your appointment we will discuss the symptoms of OSA, possible causes, complications and how to prevent it.

The appointment will be a group appointment attended by up to five other patients. As we only have limited space in our room, friends or family members will not be able to stay with you.

If you need a translator or a carer to attend with you, please contact us.

In order to respect patient privacy, we can only give general information during this session. You are welcome to ask us any questions you have about OSA. If you have any specific queries about your sleep study results, please ask a member of staff after the session.



What happens next?

Following your CPAP collection appointment, we will send you a follow-up appointment by post. You will need to bring all of the equipment with you to this appointment; CPAP machine, tubing, power supply and mask. It's very important that you attend your follow-up appointment so we can guarantee and maximise the success and benefits of the therapy.

If you cannot make your appointment, please let us know as soon as possible so we can give your appointment to someone else and confirm a new date and time with you. Please call us on **020 3311 7188** or email us at imperial.sleeplab@nhs.net

How do I make a comment about my experience?

If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3313 0088**. You can also email PALS at imperial.pals@nhs.net

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street London W2 1NY
Email: ICHC-tr.Complaints@nhs.net
Telephone: **020 3312 1337 / 1349**

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team:

imperial.communications@nhs.net

Wi-fi

We have a free wi-fi service for basic filtered browsing and a premium wi-fi service (requiring payment) at each of our five hospitals. Look for WiFiSPARK_FREE or WiFiSPARK_PREMIUM.

Information for patients, relatives and carers

Sleep services
Published: November 2020
Review date: November 2023
Reference no: 1120
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Group CPAP collection

