

Sleep Centre

Individual CPAP collection

Information for patients, relatives and carers

Introduction

Obstructive sleep apnoea (OSA) is a relatively common condition where the walls of the throat relax and narrow during sleep, interrupting normal breathing. This leaflet will give you some information about what to expect when you come to collect your CPAP machine.

What is a CPAP machine?

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 will allow you to sleep better and help 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. This is an individual appointment, where you are welcome to ask us any questions you have about OSA and about the results of your sleep study.

We will also show you everything you need to know about your CPAP machine, and you will be able to trial the device with the support of our clinical staff.



Please feel free to bring a carer, and if you have any concerns or need a translator, please contact us on 020 3311 7188 to arrange it.

What happens next?

Following your CPAP collection, we will send you a follow-up appointment by post. This will likely be a telephone or video consultation. On the day of your appointment, 10 minutes before your time slot, make sure to be near your telephone or to be logged into the video link and have your CPAP machine, tubing, power supply and mask by your side. **It's very important that you**

please 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 visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. 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 3312 7777** (10.00 – 16.00, Monday to Friday). You can also email PALS at imperial.pals@nhs.net The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

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

Wi-fi is available at our Trust. For more information visit our website: www.imperial.nhs.uk

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