

Sleep Centre

Continuous Positive Airway Pressure (CPAP) treatment

Frequently asked questions

Information for patients, relatives and carers



What is CPAP?

A CPAP machine stops your airway narrowing or collapsing by increasing the pressure of the air you are breathing. This holds your throat open when needed, meaning you can breathe normally throughout the night and have undisturbed sleep.

When should I use CPAP?

You should use your CPAP every time you are sleeping, including planned naps. Too many nights without CPAP will mean your daytime symptoms return.

What should I expect from follow-up appointments?

At each follow-up we will review the data from your machine to check your usage, as well as the effectiveness of CPAP treatment. We will also review the quality of your mask, and replace it if necessary, and try to correct any problems you are having with treatment. You must have your equipment with you at each appointment so we can help you.

Is there any routine cleaning that I need to do?



- The cushion should be cleaned once a day to prevent a build-up of normal oil from your skin. This can be cleaned with warm water and mild soap such as washing up liquid
- Wash the entire mask and tubing once a week, also with warm water and mild
- Your filter will last three to four months but check this regularly for excessive dust build-up. Spare filters will be provided in clinic



- If using a humidifier, please clean it weekly to prevent lime scale build-up. This can be done using something naturally acidic, such as lemon juice or white vinegar

What should I do if my mask is leaking?

At times you may notice air leaking from the mask cushion or that the pressure feels unusually high overnight. To fix this:



- make sure the mask cushion is clean as per the instructions on page one
- when adjusting the straps, you should first run a mask fit check as recommended during CPAP collection (or see instruction manual). Make sure you carry out any mask adjustment in your normal sleeping position
- when you are happy with the fit and have ensured there is no leak, you can go to sleep as usual

Can I take my machine on holiday?

We recommend you take your CPAP machine when going on holiday. If you are flying, you can request a travel letter from a member of your care team. You should also contact the airline in advance to advise them you will be taking a CPAP machine as an additional piece of hand luggage.

What if I don't have access to electricity?

Your CPAP machine does not come with a battery and needs to be connected to mains power to work. You can buy or rent a battery pack specifically for your machine. You can find out more information by visiting www.shop.resmed.com/GB/en/CPAP-Accessories

How can I contact the sleep centre?

You can contact us on **020 3311 7188** or by email at imperial.sleeplab@nhs.net

Please call us for if you have a fault with your machine, need any replacement parts, mask leakages, soreness or anything that requires attention from a clinical physiologist - we will book you an appointment or post you the part needed. Please do not walk in into clinic.

If you are experiencing problems, you can also call us or leave a voicemail message. We will call you back within one working day.

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 3313 0088** (Charing Cross, Hammersmith and Queen Charlotte's & Chelsea hospitals), or **020 3312 7777** (St Mary's and Western Eye hospitals). 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

Cardiology
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