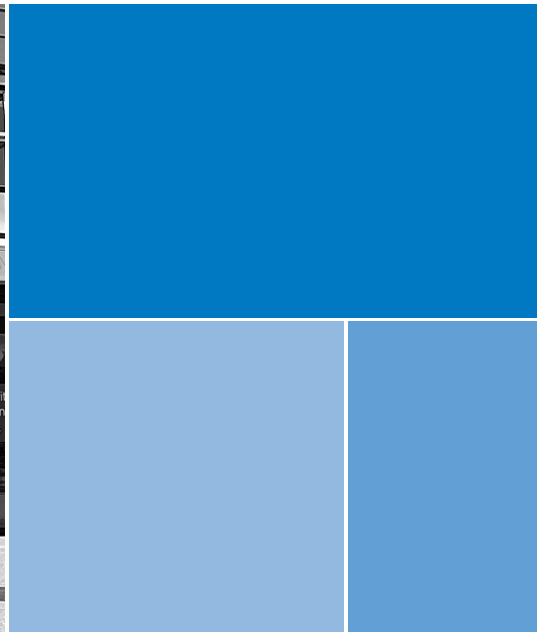




**James Paget
University Hospitals**
NHS Foundation Trust

Obstructive Sleep Apnoea (OSA)



Patient Information

What is Obstructive Sleep Apnoea (OSA)?

Sleep Apnoea is due to obstruction of the upper airway, caused by relaxation of the throat muscles during sleep. The airway may become partially blocked (Hypopnoea) or collapse completely (Apnoea), causing pauses or breaks in breathing which prevent air from entering into the lungs.

To overcome this, the person makes increased breathing efforts and wakes briefly to breathe before falling back to sleep again. This cycle can happen several times each night. The person usually won't remember waking up, however sleep will have been significantly disturbed.

What are the side effects of OSA and the risks of not treating it?

Most commonly a person with OSA may suffer from one or more of the following; excessive snoring, unrefreshing sleep, excessive daytime sleepiness, reduced concentration (e.g. at work), changes in mood, high blood pressure and increased risk of heart disease and stroke.

Treatment options for OSA

1. Lifestyle changes can make a difference in all forms of OSA. If overweight, weight loss might decrease the severity of OSA.
2. In moderate to severe OSA, the most effective treatment is by Continuous Positive Airway Pressure (CPAP). CPAP involves a person wearing a soft mask over the nose and/or mouth attached to a small pump like machine that raises and regulates the pressure of the air they breathe. This prevents the airway from collapsing during sleep. CPAP is the most effective therapy for controlling OSA and it has been clinically proven to restore daytime alertness. Once you have been issued with the CPAP machine, you will be given an appointment to come back and see the nurse or technician in four to six weeks.

OSA and Driving

A driver is legally responsible for his or her vigilance whilst driving. The sleep clinic doctor will advise if you should stop driving until your symptoms are controlled and if the DVLA should be informed. Once successful treatment has begun there is no reason for the DVLA to remove or withhold a driving licence.

Getting used to CPAP treatment

The most commonly experienced start-up concerns include;

1. Mask leakage and general discomfort as not used to wearing a mask to bed, and
2. Mouth and/or throat dryness

Follow the do's and don'ts below to help get used to the treatment.

Do:

- Wear CPAP every night for your sleep period.
- Adjust the mask slightly where needed.
- Clean the mask daily with warm water.
- Fit the mask correctly.
- Contact us if there are any concerns (details overleaf).

Don't:

- Wear CPAP if you have an ear or chest infection, or get severe nose bleeds with treatment.
- Don't use the mask on broken skin if mask sores develop.
- Wait for your follow-up appointment if you are experiencing difficulties, please call us for advice and support.

Travelling with CPAP

When flying, the CPAP machine should always be carried as hand luggage and must not be stored in the hold. Always check the electrical details of countries you are visiting in advance. You may need an extension lead. Spare fuses can also be helpful.

An explanatory letter is available from the sleep service clinic to accompany the machine and to show customs or security officials, if required.

CPAP Treatment Service

Once established on treatment you will be reviewed periodically. In between these reviews there is support available (see below).

NOTE: Please bring your CPAP equipment to every appointment.

Other Contact Details

For help and advice about CPAP, replacement parts or machine faults please contact a Respiratory Technician on **01493 453055**

To book or change an appointment please contact the Respiratory and Sleep Service Co-ordinator on **01493 453055**

OSA National Patient Group

The Sleep Apnoea Trust Association is a charitable support group which works to improve the lives of sleep apnoea patients.

Website: www.sleep-apnoea-trust.org

Email: info@sleep-apnoea-trust.org

Telephone: **0845 038 0060**

Notes

Notes

Your Feedback We want your visit to be as comfortable as possible - talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve it, then ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care.

OUR VALUES

Proud of the Paget

Collaboration

We work positively with others to achieve shared aims

Accountability

We act with professionalism and integrity, delivering what we commit to, embedding learning when things do not go to plan

Respect

We are anti-discriminatory, treating people fairly and creating a sense of belonging and pride

Empowerment

We speak out when things don't feel right, we are innovative and make changes to support continuous improvement

Support

We are compassionate, listen attentively and are kind to ourselves and each other

Before leaving please complete a Friends and Family Test feedback card.

Help us transform NHS services and to support patient choice.



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240

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