

Obstructive Sleep Apnoea and Treatment

Information for Patients

Name: _____

CPAP Pressure: _____

Walk-in Clinic , Module 7,
Manukau SuperClinic

Available Monday to Friday

Please Phone 0800 731 277 and leave a brief message.

Calls will be returned within 48 hours on working days.

Or Email: SleepWalkIn@middlemore.co.nz.

Avoid driving at times when you would normally be asleep.

IF SLEEPY – STOP AND REST! Drink coffee, walk around or have a brief nap in the car if you are sleepy. Have a 10-15 minute break after every two hours of driving.

DRIVE WITH A COMPANION. Share the driving. Relax in the back seat until it is your time to share the driving again.

REMEMBER – if you are regularly falling asleep at the wheel then you should stop driving until your sleep problem has been dealt with.

It is the responsibility of the driver NOT TO DRIVE if they are unfit to drive because of sleepiness.

After Hours/Public Holiday Services:

If your CPAP stops working for any reason we suggest the following:

- Sleep on your side until you get a replacement from us
- Come and see us as soon as possible in one of the walk in clinics (times written at the front of this booklet).

If you feel that your life is in danger because you cannot breathe, please attend the Emergency Department ASAP or call an Ambulance on 111.

Note: We do not sign forms for power companies Please ask your GP to sign these. We are happy to provide your GP with your CPAP compliance report if asked.

After Hours / Weekend Service

We do not provide any after hours or weekend service.

Please see the information on page 4 for stockists if you need to purchase/loan during these times. Please attend the walk in clinic during the times provided at the front of this booklet.

Christmas and New Year

We provide limited service. Please phone us on 2760044 Ext 52059 to check opening dates and hours.

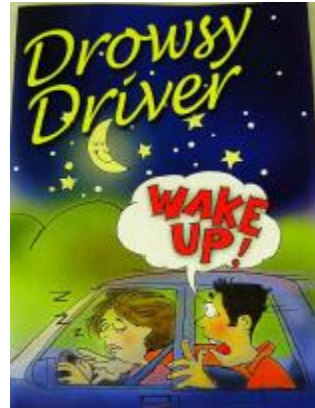
General Information

- Each person starting CPAP treatment is issued with a mask / headgear, humidifier bowl and tubing.
- These parts are only replaced ***if required***. Parts are not replaced routinely and not replaced if they are dirty and can be cleaned.
- If you are a high user for parts replacement: i.e. more than two visits per year for replacement, you may be asked to replace them yourself. See page 4 for stockists.

Drowsy Driving Tips - A Patient Guide

Sleepiness can impair drivers by causing slower reaction times, vision impairment, lapses in judgement and delays in processing information.

STAY AWAKE AND STAY ALIVE



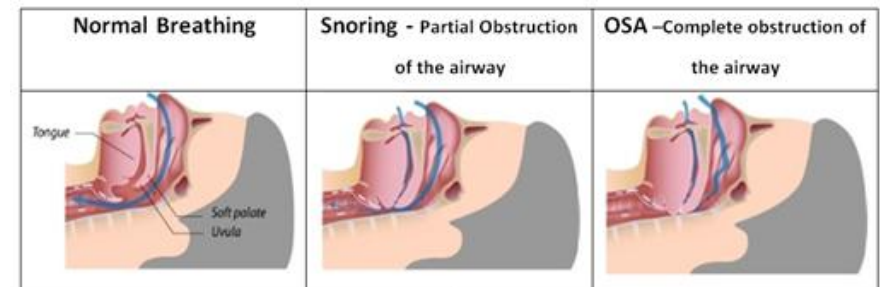
The following warning signs indicate that it's time to stop driving and find a safe place to pull over and take a break:

- Difficulty focusing, frequent blinking and / or heavy eyelids
- Difficulty concentrating / keeping daydreams at bay
- Trouble keeping your head up
- Drifting from your lane, swerving, hitting the midline markers or loose material at side of road
- Inability to clearly remember the last few kilometres driven
- Missing exits or traffic signs
- Falling asleep at traffic lights
- Yawning repeatedly
- Feeling restless or irritable

Obstructive sleep apnoea (OSA) is a problem with breathing during sleep. For people with OSA, two problems with breathing can occur. These are:

Apnoea (a 10 second pause in breathing): during an apnoea, the muscles of the throat relax and cause a total blockage of the throat's airway. An apnoea lasts at least 10 seconds but can be much longer.

Hypopnoea: the airway is partly blocked which reduces the amount of air that is taken into the body. They also usually last for around 10 seconds or longer.



What are the symptoms of OSA?

Most people with OSA will snore loudly. Their breathing can be laboured and noisy, and often interrupted by gasping and snorting with an apnoea episode.

If you have OSA you may have no memory of your sleep being disturbed but you will wake feeling that you have not had a decent night's sleep. Other symptoms include:

- Feeling very sleepy during the day.
- Waking up to go to the toilet 3-4 times a night.
- Poor memory and concentration.
- Headaches, particularly in the morning.
- Irritability, short temper or depression.
- Unable to perform well sexually.



The Steam Inhalation

Steam will moisten and warm your airways and may reduce dry cough and soften phlegm so that it is easier to cough up. People often find this helpful.

The eucalyptus is soothing to the mucous membranes and may reduce swelling.

Use the inhalation first thing in the morning to clear any phlegm from overnight and then again last thing at night to help clear your airways so you can get a better nights sleep.

If you have sinusitis, a cold, bronchitis or any other chest infection use this inhalation about four times a day until the phlegm is clear, along with any antibiotics prescribed by your doctor. If the colour of the phlegm is not improving, or is worsening, you will need to see your doctor.

Risks associated with untreated OSA

- High blood pressure.
- Heart problems such as a heart attack or an irregular heart rhythm.
- Stroke.
- Diabetes.
- Risk of falling asleep driving causing accident or an accident in the workplace.
- Indigestion and acid reflux (burning in the throat).

How is OSA diagnosed?

When OSA is suspected, you will be referred to a Sleep Clinic for further tests.

You will be seen by one of the Sleep specialists. You (and your partner if available) will be asked about your sleep patterns, your symptoms and your medical history. A brief examination will be carried out.

Should the specialist feel you have a significant breathing problem while you sleep, arrangements will then be made for you to have one of two types of sleep studies:

1. A partial study – this is a one-night study done in your own home using equipment made available through the Sleep Clinic. Occasionally this study may need to be repeated. Sometimes your repeat study will be a Polysomnogram.
2. A full Polysomnogram (PSG) – this is a one-night study carried out in the Sleep Laboratory at Auckland City Hospital, or by a private provider. This study is more detailed than a partial study and is required at times to diagnose more complex sleep problems.

Once the sleep study has been done, the clinic staff will have a good idea about whether you have OSA and, if you do, how much it is interrupting your sleep. The severity of OSA is judged on how many times you have an apnoea or hypopnoea in one hour.

Use a smaller plate

Try a smaller plate for all your meals.
NO REFILLS.

It is very difficult to put a small meal on a usual size dinner plate.



If you eat very slowly and chew your food well you are likely to feel more satisfied with a smaller amount of food.

Drink plenty of water during the day

Drink at least 2 litres. More if you are doing hard physical work especially during the summer or you are working in a hot environment.



Look at your tongue in the mirror. It should always look moist.

Drinking more plain water regularly will help you feel less hungry too.

TIP: If you feel hungry, racing heart & shaky during the day – drink an extra one or maybe two glasses of water. That feeling should go in 15 to 20 minutes. The feeling means that your heart doesn't have enough volume to push the blood around your body and deliver sufficient oxygen to your organs and tissues. This is the main job for your heart. (If you have diabetes check your blood sugar – it may be low.)

REMEMBER that TEA and COFFEE and FRUIT JUICES and FIZZY DRINKS all dehydrate you. Water is much better for your body and much cheaper for all the family. Fizzy drinks can also give a bloated feeling which can interfere with your ability to sleep well that night.

CPAP Maintenance: Cleaning and General care

Always place the CPAP at a lower level than your bed. This helps prevent condensation especially in winter months.

Once A Week:

- Wipe the CPAP clean with a damp cloth inside and outside.
- Wash the humidifier, tubing and mask as below.

Once every Six months:

- Change the Filter at the back of the CPAP machine (You should have a spare in your bag). If the filter gets dirty before six months, you can hand wash the filter using some mild dish-washing detergent, air dry and re-use.
- Check your CPAP machine for any obvious missing parts, damage or faults (including damaged cords/wires). If damaged do not use – attend walk in clinic for a replacement.

NOTE: If you see any “Error” message displaying on the front screen of your CPAP, switch the CPAP OFF AT THE WALL and back on again. If you still see the error message, take your CPAP to the walk in clinic at the times given on the front of this booklet immediately.

Some tips which may help you lose weight



Eat five small meals a day

- Each time you put food in your mouth your digestive system starts to work and continues working for 3 or 4 hours.
- Therefore you would then be ready for your next small meal which would keep your digestive system working all day.
- Your digestive organs need energy to work.
- IF YOU REMOVE AS MUCH FAT AS POSSIBLE FROM YOUR DIET then the organs can use your stored energy (fat) as part of the energy they need to work well.

Spend more time chewing your food so that you get more enjoyment from the food and it takes longer to eat.

Remember that your taste buds are in your mouth NOT IN YOUR STOMACH. The first part of digestion is using the teeth with which you are provided to chew your food well AND mix it with your saliva which is one of your digestive juices.

How to clean your MASK (Frame, Cushion and Headgear)

- Clean the mask cushion every second day with cold/luke warm soapy water (**NOT HOT WATER**)
- Rinse thoroughly with fresh water, ensuring that all soap residue has been removed and leave all parts to dry out of direct sunlight or heat.
- Clean the whole mask at least once a month. All parts should be dissembled and washed in warm soapy water and let to air dry out of direct sunlight.
- The mask strap is washed at least once per week, either by hand or in the washing machine. Ensure that the clips are stored in a safe place before washing and Velcro is closed.

NOTE: *If you don't clean your mask cushion as advised, the cushion will become soft and oily and will not seal around your nose/face. This will lead to large leaks which can reduce the pressure you receive. Leaks are uncomfortable and noisy for you and your family.*

How to Clean your CPAP Tubing

- Hand wash the tubing in a tub of warm, soapy water with a mild dishwashing detergent.
- Ensure that all visible dirt is removed.
- Rinse tubing thoroughly in clean water for approximately 30 seconds.
- Hang the tubing on a hook or door, with both ends pointing to the floor to dry

- Go to sleep in a dark and quiet room so that your sleep is not disturbed.
- Avoid having TVs, computers or radios in your bedroom. Keep your bedroom for sleeping. Keep it dark and quiet. Allow your brain to have a rest from stimulation.
- Go to sleep as early as possible before midnight, preferably by 10pm. The earlier you go to sleep the longer and better quality of sleep you get and the easier it is to lose weight.
- An hour before you go to bed (at a regular time each night) turn off your TV and computer, turn off all the lights in the house you don't need and preferably turn off all overhead lights. Use a reading lamp (if you have one) to read by – or have a quiet conversation with your family and have quiet gentle music playing in the background. This starts to calm you down and prepares your body and brain for sleep.
- A shower or bath is also very soothing just before bedtime.
- Good night time drinks are hot milk, hot chocolate (no sugar added) or hot milo. If you have diabetes try hot cocoa with no added sugar.
- Keep your chin in a neutral position on your pillow so that you don't block your throat. Don't tuck your head down when it is cold and don't cover your head with any bed wear. You may wake with a headache.
- Avoid turning the light on if you have to go to the toilet in the middle of the night. The lights will wake you up properly. Use a night light for safety - plugged in to a switch low on the wall. If you wake in the night do not drink tea or coffee or turn the TV on. This will wake you completely.

IDEAL SLEEP POSITION



A SNORE BELT

A sleep aid developed to discourage back sleeping and is designed for people who snore when sleeping on their backs.



Alternatively

Place a ONE OR TWO tennis balls in a pantyhose (hip section), roll and tie a knot to secure the balls in place. Use the legs to wrap the pantyhose around you and tie it on your front as shown in the picture below.



Sleeping tips

Sleep hygiene and positioning

Here are just a few tips to improve the quality and quantity of your sleep so that you can wake feeling more refreshed in the morning.



- Keep your weight down. Excess weight can have a big impact on your sleep.
- Make sure you don't sleep on your back as your throat is more likely to block off.
- Avoid sleeping on your stomach. This puts a twist in your airway which is very small. Sleeping on your stomach can also push your abdomen up under your breathing muscle (diaphragm) and stop your lungs expanding properly.



CPAP PROBLEMS AND SOLUTIONS

<p>You wake up panicking or choking in the night despite using your CPAP.</p> <p>You may have been lying on your back and your throat has blocked. Your blood oxygen levels will be lower and take a couple of minutes to improve. Then replace your mask and go back to sleep.</p>	<ul style="list-style-type: none"> • Sleep on your side, NOT on your back. If you sleep on your back your tongue can fall back and block your throat despite having the CPAP on. • Use a snore belt / tennis balls to make you sleep on your side
<p>You have a runny nose or sneeze when you use the CPAP.</p> <p>This may be caused by cold forced air from the CPAP</p>	<ul style="list-style-type: none"> • This usually settles in 1-2 weeks. Put warm water into your humidifier bowl each night. • If this goes on, you may choose to see your doctor for a nasal spray and use as prescribed. • See clinic staff for advice. <p>Some people <u>do not</u> suffer from this problem.</p>

<p>Your CPAP is: Noisy</p> <p>Your eyes are sore and puffy the next morning.</p> <p>This is due to air leaks around the mask due to incorrect mask fitting.</p>	<p>Adjust your mask to stop air leaks.</p> <ul style="list-style-type: none"> • If you cannot manage this on your own, come and discuss at the walk in clinic
<p>You pull the mask off your face at night while sleeping.</p> <p>This is usually a sign your throat has blocked. You may have been lying on your back.</p>	<ul style="list-style-type: none"> • Sleep on either side - not your back. • Clinic staff should inform you of how to use tennis balls tied into pantyhose (tights) so you can not lie on your back to sleep.