



Awaken your best.

Sleep apnea treatment handbook
Answering all of your questions



INTRODUCTION

Sleep apnea is a common sleep disorder that's treatable.

If your Doctor or Health Professional has discussed this with you, this handbook is designed to provide you with some more information by answering the most common questions.

At ResMed, we recommend that you take the time to research all about sleep apnea and its treatment, so you can familiarise yourself with the condition to make you feel more comfortable.

After all, knowledge is power, and the more you know, the better the whole experience will be for you.

Have a read through the following chapters which will provide you with all the basics to get you started on your journey to a better night's sleep.

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WHAT IS A HOME SLEEP TEST?

First things first: how well do you sleep every day?

If you are having trouble sleeping, suffering from excessive daytime sleepiness, or snoring heavily, it may be time to get a sleep test. These tests can help you and your Doctor identify any potential issues you may be experiencing and help you to seek the correct treatment to help you get better sleep.

Sleep tests, also known as polysomnograms, provide an accurate way to better understand how you sleep at night, and can help diagnose sleep disorders including sleep apnea. The ResMed Home Sleep Test gives a very accurate picture of your breathing, oxygen levels, heart rate and body position throughout the test night.

How do you organise a sleep test?

Start by talking to your GP about your symptoms and about taking a sleep test. They can provide you with the initial information you need, so that you can organise a Home Sleep Test at your convenience.

What happens during a home sleep test?

On the night you've chosen to have your home sleep test, you should follow your normal evening routine, prepare for sleep, attach the sleep test equipment as you've been shown and start the recording.

What happens after?

In the morning, you simply remove everything and return the recording device to ResMed. When the results come back, you and your Doctor will discuss them together and explore options to better improve your sleep.

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your best
quality
sleep.**



WHAT IS SLEEP APNEA?

Definition of Sleep Apnea:

Sleep apnea (also spelled Sleep apnoea) is a sleep disorder where your natural breathing pattern is interrupted or briefly paused while you sleep.

There are a few different causes, but the most common is when the muscles which control the upper airway in your throat relax too much during sleep. If this happens, the upper airway narrows and you may begin to snore or take shallow breaths. If the airway narrows even further, it may become completely blocked and you will temporarily stop breathing. This can last for ten seconds or more, it may happen frequently and even several hundred times a night.

This is known as Obstructive Sleep apnea (OSA)

In response, your body will rouse you with a cough, a choke or a snort to restore the airway passage and resume normal breathing again. Often, this disturbance is so brief that you won't fully wake or even remember it the following morning.

If this was to happen once or twice, it wouldn't be so much of an issue; however, people with sleep apnea have this occur several hundreds of times a night. This constant lack of oxygen combined with the continual disruption to your sleep patterns over and over again leads to a poor quality sleep every night.

What can cause sleep apnea?

While everyone is different, the following are known to contribute to sleep apnea:

- Throat muscle weakness
- Excessive fat in or around the throat due to obesity
- Nasal obstruction or congestion
- Relaxant alcohol or drugs
- Sleeping on your back
- Pregnancy
- Swollen tissue such as adenoids or tonsils
- Sleeping medication
- Older age
- Smaller upper airways

What are the symptoms?

Because you don't usually remember waking that many times each hour while you're sleeping, the only way to suspect you may have sleep apnea is either:

1. **Your partner or friends overhear you choking or snoring excessively each time you go to bed, or**
2. **You experience a combination of the following symptoms:**
 - Daily fatigue
 - Excessive sleepiness
 - Poor concentration
 - Poor memory
 - Low energy
 - Waking up unrefreshed
 - Morning headaches
 - Depressed or negative moods

Ongoing symptoms like this not only become frustrating, they can point towards sleep apnea.

HOW IS SLEEP APNEA TREATED?

Unfortunately, there is no way to permanently cure sleep apnea, however there are many effective ways to treat it, which we discuss in the following chapter.

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Sleep apnea is treated by preventing the upper airway from narrowing or becoming blocked. By opening the airways and keeping them open while you are asleep, your body doesn't need to increase its effort to breathe and won't need to continually wake you up throughout the night to restore airflow.

This will restore your sleeping pattern to normal again, and allow you to obtain quality rest every day. That means that all of the common sleep apnea symptoms, such as fatigue, daytime sleepiness, poor concentration, lower energy levels and depressed moods will lessen and you can reclaim your days again!

WHAT TREATMENT OPTIONS ARE AVAILABLE?

There are four common sleep apnea treatment options to help alleviate symptoms and restore your healthy sleep routine.

Your Sleep Professional or GP will discuss which option is best for your circumstances.

Positive airway pressure therapy

CPAP

A Continuous Positive Airway Pressure (or CPAP) machine is a device with a mask attached that you wear whilst you sleep. It delivers a constant stream of air from a pump through a tube to your mask, to keep your passageways open. This allows you to sleep better by eliminating the need for your body to continually wake all throughout the night to restore normal breathing.

APAP

An Automatic Positive Airway Pressure (or APAP) machine is a device very similar to the above, however it automatically varies its air pressure throughout the night in response to a person's needs, making treatment more tailored and comfortable.

CPAP and APAP machines are an effective and non-invasive treatment and are the most commonly prescribed option to treat sleep apnea, due to their track record of successful results.

Oral appliance therapy

A Mandibular Repositioning Device (or MRD) is a non-invasive, custom-fitted mouthpiece that holds your jaw in a forward position while you sleep to expand the space behind your tongue. This helps keep your upper airway open, preventing apneas and snoring. They're proven effective for people with mild and moderate obstructive sleep apnea, who cannot tolerate positive airway pressure therapy. This is sometimes referred to as a Mandibular Advancement Splint (or MAS) or dental splint or plate.

Surgery

There are several surgical procedures that can improve the exact area of obstruction in your upper respiratory tracts, however this is less common treatment option because, as with all invasive surgical procedures, there is the risk of negative side effects and ineffective results.

Lifestyle changes

Losing weight, avoiding alcohol, quitting smoking are all more general ways to help combat sleep apnea by reducing the potential contributing causes. This is the most common, non-invasive intervention.

For example, in some patients with milder forms of sleep apnea, losing weight can help reduce the disruptive breathing throughout the night and alleviate the symptoms.

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ResMed offers two main treatments

Continuous Positive Airway Pressure (CPAP) devices, considered the sleep industry's gold standard treatment, as well as oral appliances or Mandibular Advancement Devices (MADs) for patients with mild to moderate OSA and/or chronic snoring. As part of our commitment to our patients we provide the world's leading brand in positive airway pressure therapies, for sleep apnea treatment.

WHAT ARE THE BENEFITS OF TREATMENT?

Learning that you have diagnosable sleep apnea and having to undergo treatment can be an overwhelming time that may make you anxious.

However, you don't need to be too concerned.

When your prescribed treatment option restores your healthy sleep patterns and you begin to rest well again each night, you'll feel like a new you!

The benefits of reducing sleep apnea symptoms will allow you to reclaim your quality of life and will quickly outweigh any anxiety or concerns you may have.

What's next?

ResMed provides a complete range of sleep apnea solutions to help you get a better night's sleep. ResMed's experienced Sleep Therapists will provide the education and support you need to fully understand your test results and recommend what is the best treatment solution for you. If CPAP therapy is the most suitable treatment, your ResMed Sleep Therapist will support you through the process of selecting a CPAP machine and mask to suit your needs and provide the support and information you require to start you on your pathway to therapy.

Get in touch

Interested in finding out more about our CPAP machines and masks and how they can help you with your sleep apnea? Call us or make an appointment at one of our sleep clinics or browse our products online.

[CONTACT US](#) >

[OUR PRODUCTS](#) >

The ResMed logo is located in the bottom left corner of the page. It features the word "ResMed" in a bold, sans-serif font, with a dotted line arching over the letters "e" and "d".

HOW CAN I GET MORE HELP?

Sleep apnea treatment is worth it

We hope that you are now feeling empowered about sleep apnea treatment and are ready to take your next step in restoring quality sleep to improve your health and well-being.

Our Sleep Clinics can help

With all of this new information and many treatment options, we understand that this can all be a bit overwhelming. So let us help you.

Book an appointment at one of our local sleep clinics today so we can help you find the best treatment for you.

To find your closest sleep clinic, or get in contact with one of our friendly consultants today, contact us now.

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