

CPAP – Polysomnography with titration

Patient education handout

What is CPAP?

CPAP stands for Continuous Positive Airway Pressure therapy. A CPAP study is a polysomnogram (sleep study) with CPAP titration; it is the second part of most sleep studies. The first night, or PSG study is only diagnostic. The CPAP study, or second night study, is a therapeutic study.

Why do I need a CPAP study?

You may need a CPAP study because your airway has a tendency to be obstructed or collapse over the course of a night. Clinically, this may be caused by a lot of different reasons – physical obstruction, central signaling problems, apneas, hypopneas, other causes.

Why do you have to “titrate” the CPAP?

Titration, by definition, is the determination of rank or concentration of something. Over the course of the night, a sleep tech will change the level of pressure on the CPAP until “arousals” are eliminated and you can sleep soundly. Everyone is different and needs to be “titrated” to their appropriated level of air pressure, measured in cm of water pressure.

Why do I have to wear a mask?

The mask allows a sleep tech to titrate you and deliver the air pressure necessary to keep your airway open. Masks come in all shapes and sizes. The three major categories of masks are: nasal pillows (smallest), nasal masks, and full-face masks (largest). You will be fitted for the type of mask that fits you best and is the most comfortable.

What does it feel like to be on CPAP?

During the CPAP study, you will feel air blowing – either through your nose or both your nose and mouth.

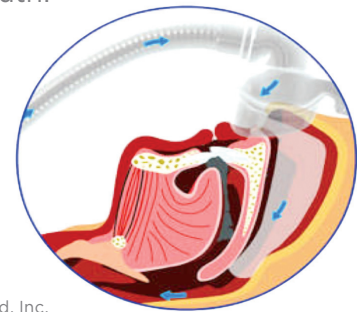


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Do I have to do anything differently than my first sleep study?

No, your preparation for the second study is the same.

NOCTURNA Sleep Care is committed to partnering with patients and physicians to promote and provide excellence in sleep medicine.

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