

What is CPAP?

Continuous Positive Airway Pressure (CPAP).

CPAP therapy is the most effective way to treat Obstructive Sleep Apnoea (OSA). If you have OSA your doctor may give you a range of treatment options and CPAP may be one of them.

Approximately one in every five adults have Sleep Disordered Breathing. In Australia, that's more than 4.2 million people. Up to 80% of these are unaware of their condition and remain undiagnosed and untreated.



Symptoms that may indicate Sleep Apnoea:

Day-time symptoms



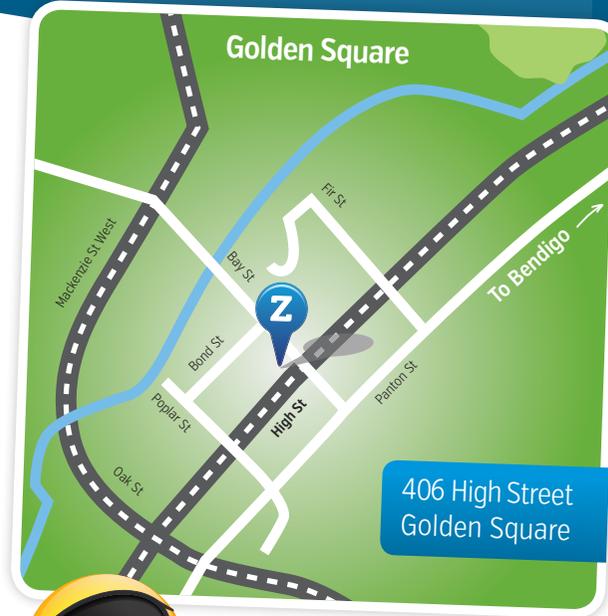
Night-time symptoms



Bendigo Sleep Lab

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 www.bendigosleep.com.au

Opening hours:
 Tuesday - Thursday, 9am - 6pm
 Friday, 9am - 2pm



zzzz Bendigo Sleep Lab - celebrating a decade of **happy sleeping!**

Appointments

First	Date	Time
Second week	Date	Time
Final	Date	Time

...and if left untreated, may increase the risk of long term consequences of

- High blood pressure
- Heart failure
- Heart attack
- Abnormal heart rhythm
- Type II diabetes
- Stroke

CPAP treatment



bendigosleeplab
 sleep & snoring solutions

Services available

- In home sleep studies via physician referral
- Sleep & Respiratory consultations via referral
- CPAP & Airvo trials
- CPAP & Airvo equipment hire
- CPAP mask fittings
- CPAP & Airvo service and sales
- CPAP & Airvo education
- Light therapy trials
- Information on Mandibular Advancement Splints (mouth guard for sleep apnoea)
- Positional device trials
- Sleep information sessions on request to private businesses and the public
- Baby respiratory monitors available to hire via Bendigo Hospital referral

Payment plans available*
www.shophumm.com.au



How does CPAP work?

CPAP therapy is a simple concept, with three basic parts. The first is an air pump. The second is a mask that covers the nostrils or nose and sometimes the mouth. The third is a tube to link the two. The CPAP pump takes air from the room and gently pressurises it. The air blows through the tube and mask into the throat. The pressure of the air keeps the throat open while you are asleep.

The pump should not stop either you or your partner from sleeping well during the night. In fact, it is designed to do the reverse and should help both of you to sleep better. It is very quiet and makes you quiet as well. You do need to make sure that the mask fits comfortably without any leak (apart from that coming from the exit port in the mask). If it leaks, this can be noisy and air may blow into your eyes or at your partner.

There are many different types of pumps and masks, so there will be one that suits you.

CPAP Treatment

Bendigo Sleep Lab specialises in CPAP treatment.

We understand CPAP treatment can be a daunting process. Our CPAP trial period is designed to assist you through this process and minimise the risk of purchasing unsuitable CPAP equipment, while gaining confidence in using the equipment.

Unlike other centres, Bendigo Sleep Lab is independent and unaffiliated with any particular CPAP manufacturer, ultimately giving you choice and allowing us to fully personalise your treatment.

Our CPAP fitting rooms have a relaxing atmosphere. Our rooms are furnished with beds as it's important to replicate the sleeping environment to achieve the best possible outcome.

CPAP Trial Process

Day 1

Set up is a one hour consultation and CPAP education. You will be fitted with a CPAP mask and educated in the use and maintenance of CPAP equipment.

Day 2

You will receive a phone call from your CPAP consultant. Any issues, questions or concerns which arise from your first night will be addressed.

Day 14

A 15 to 30 minute consultation. You will attend Bendigo Sleep Lab and data collected over the previous 14 nights will be downloaded and assessed. Mask fit will be assessed and a mask change will be made if necessary. Here pressure may be changed from automatic to fixed if requested by your doctor.

Day 28

Final consultation with CPAP consultant for 30 minutes. All rental equipment will be returned. You will be able to purchase your own equipment.

Getting the most out of your treatment

Ensure you have a well fitted mask

It must fit comfortably, provide you with a good seal to minimize air leaks and offer you a choice of comfortable sleeping positions.

Use a humidifier

Humidification can make therapy more comfortable and effective. It prevents and relieves potential side effects such as watery eyes, dryness or congestion in the nose and dryness or irritation in the throat.

Persistence is the key

Stay on track with your treatment for healthier sleep and a better quality life. This is vital if you also suffer from any serious health conditions, such as high blood pressure, diabetes or heart problems.

Make healthy lifestyle choices

Consider losing weight, reducing alcohol consumption and maintaining regular sleeping habits such as going to bed at the same time every night.

*conditions apply

