



Positive Airway Pressure Machine User Guide

For adults, the best treatment to eliminate or reduce sleep apnea is a positive airway pressure (PAP) machine. By helping you re-establish normal breathing, this machine helps achieve a restful sleep and makes you more productive during the day.

How the PAP Machine Works

- The machine delivers a stream of compressed air via a hose to a mask (nasal cannula, oral, oronasal or nasal mask).
- The physician prescribes the **pressure level**, which is expressed in centimetres of water (cm H₂O). In general, the machine is set to blow air at a pressure of 4-20 cm H₂O.
- The air stream helps open the upper airways like a pneumatic splint.
- The physician prescribes the **type of PAP** machine used:
 - A **continuous positive airway pressure** (CPAP) machine delivers a constant level of inspiratory pressure. This is the most common method. All machines can operate in continuous mode (e.g. 10 cm H₂O).
 - An **automatic positive airway pressure** (APAP) machine delivers a variable level of inspiratory pressure (e.g. 4-20 cm H₂O).
 - A **bi-level positive airway pressure** (BiPAP) machine delivers two constant levels of pressure: inspiratory (e.g. 16 cm H₂O) and expiratory (e.g. 8 cm H₂O).
 - An **adaptive servo-ventilator** (ASV) delivers a variable level of inspiratory pressure (e.g. 4-16 cm H₂O) and a constant level of expiratory pressure (e.g. 8 cm H₂O). This machine is designed to treat more complex sleep apneas.

Just before going to sleep, the positive pressure can be programmed to gradually increase ("ramp" feature) to avoid discomfort when installing the maximum pressure (5-30 minutes).

What to Do at Home

- Plug the unit into an electrical wall outlet and place it on a table that is lower than your bed. Never place the unit on the floor.
- Turn the machine on and off using the menu and according to the recommendations of your physician or the manufacturer.
- Empty the water tank every morning.
- Take good care of your machine (see the [Positive Airway Pressure Machine Care and Maintenance](#)).
- Use your PAP machine every night and during daytime naps, even when you are away from home. This will ensure that you always enjoy a good quality of life.

Contact us for more information regarding your treatment.

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