

## **What is CPAP?**

CPAP (Continuous Positive Airway Pressure) is a device that lets you breathe better at night. CPAP can help if you have sleep apnea. This serious health problem can cause you to snore, gasp, or snort in your sleep. Snoring can keep you and your partner awake at night. You may also feel tired in the morning. Talk to your healthcare provider to find out if CPAP is right for you.

## **What is Sleep Apnea?**



People with sleep apnea stop breathing for at least 10 seconds at a time while sleeping. With a loud gasp, breathing begins again. This pattern is repeated all night, often with sudden body movements and irregular heartbeat. Sleep apnea can cause morning headaches, mood changes, and memory problems. It can also be a risk factor for heart disease or stroke. Sleep apnea may get worse with age or weight gain.

## **CPAP Can Help**

Your healthcare provider can determine if you have sleep apnea. Then he or she may recommend CPAP. The CPAP device has a soft silicone mask that fits over your nose. The mask is connected to a small air blower by a flexible hose. When you go to bed each night, you place the mask over your nose and turn on the blower. The blower sends a gentle, steady stream through your airway to keep it open. This allows you to breathe freely.