

外语标题

CPAP (Continuous Positive Airway Pressure)

The air passages of the nose and the throat of some people become blocked or collapse while they are sleeping. This airway collapse causes a blockage, which can cause breathing to stop briefly. When breathing stops for a short time, it is known as apnea. Apnea is a serious condition and needs to be treated. CPAP is the most common treatment for **obstructive sleep apnea**. This condition is diagnosed by doing a sleep study.

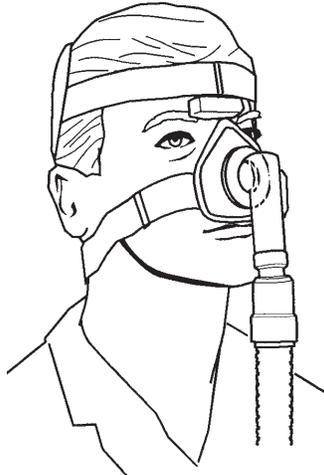
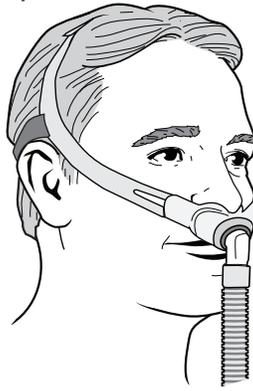
CPAP is used to keep the air passages open while you sleep. A small air blower in the CPAP machine pushes air through a flexible tube. The tube attaches to a mask that fits over your nose, or nose and mouth while you sleep. The constant flow of air through the mask prevents the air passages in your nose and throat from collapsing, so your breathing does not stop.

CPAP needs to be used every time you sleep to stop the apnea from occurring. If it is not used or not used correctly, apnea will return. Always take your CPAP with you when traveling or if you are admitted to the hospital.

有些人在睡觉时，鼻子和喉咙的气道堵塞或塌陷。这种气道塌陷将引发阻塞，可导致呼吸短暂停止。呼吸短暂停止，即为睡眠呼吸暂停症。睡眠呼吸暂停症是严重的疾病，必须进行治疗。CPAP是**阻塞性睡眠呼吸暂停症**最常用的治疗手段。要诊断此症，需要进行睡眠检查。

CPAP用于保持睡眠时呼吸道处于开启状态。CPAP呼吸机内有一个小型的鼓风机，通过软管输送空气。软管连接在面罩上，睡眠时面罩扣在鼻部或整个口鼻部位。空气在面罩软管内保持流动，可防止鼻喉呼吸道发生塌陷而导致呼吸停止。

为了防止睡眠呼吸暂停症的发生，每次睡眠时均须使用CPAP呼吸机。如果不使用或使用不当，睡眠呼吸暂停症会复发。出外旅行或住院时均需携带CPAP呼吸机。



Getting used to using CPAP

Most people find using CPAP helps them feel more rested.

For many people, it takes time to get used to wearing it. Try these tips to help you get comfortable with using CPAP.

- Your mask should seal well enough to keep the air pressure needed. Work with your doctor or sleep specialist to figure out the best type of mask and straps that work for you. You may have to try several types before you find the right one.
- Try wearing the mask for some time while you are awake to get used to it.
- Try to wear the mask for the whole night. It is often tempting to take it off because it feels warm or tight, or sounds loud because air is leaking. The more you wear it, the easier it is to get used to.
- Be sure the mask is sized to fit you. Just because you may wear a medium mask in one brand, doesn't mean that you always need a medium-sized mask if you switch to another type.
- Most machines have humidifiers to add moisture to the air to reduce the air drying out your mouth or nose.
- If you have trouble breathing through your nose from allergies, sinus problems or other issues, talk to your doctor about how to treat the congestion. It can make using CPAP much better.

Talk to your doctor or nurse or CPAP supplier if you have questions or problems.

养成使用CPAP的习惯

大多数人使用CPAP呼吸机后，都能改善睡眠效果。

但很多人可能需要一段时间才能适应使用呼吸机。以下建议可帮助您更好地适应CPAP。

- 面罩应密封良好，保持运行所需的气压。与您的医生或睡眠专家合作，找出最适合您的面罩和系带。您可能需要尝试多个类型面罩后，才能找到最适合您的款式。
- 在您清醒时试戴面罩一段时间，以适应佩戴它的感觉。
- 尽量整晚戴面罩。常常会因为感到闷热或太紧，或者因为密封不佳漏气产生响声，而想将其取下。佩戴的次数越多，越容易习惯。
- 确保选择适合您的面罩尺寸。您或许佩戴某品牌中号面罩，并不意味着如果换用另一品牌，您也需要中号面罩。
- 大多数呼吸机都带有加湿器，可以在空气中增加水分，防止空气导致口腔或鼻腔干燥。

如果您因过敏、鼻窦或其他问题经鼻呼吸困难，请与您的医生讨论如何治疗鼻塞问题。这有助于您更好地使用CPAP。

如有任何疑问或担心，请咨询医生、护士或CPAP供应商。