

# CPAP ( 連續正氣壓睡眠呼吸機 )

## 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.

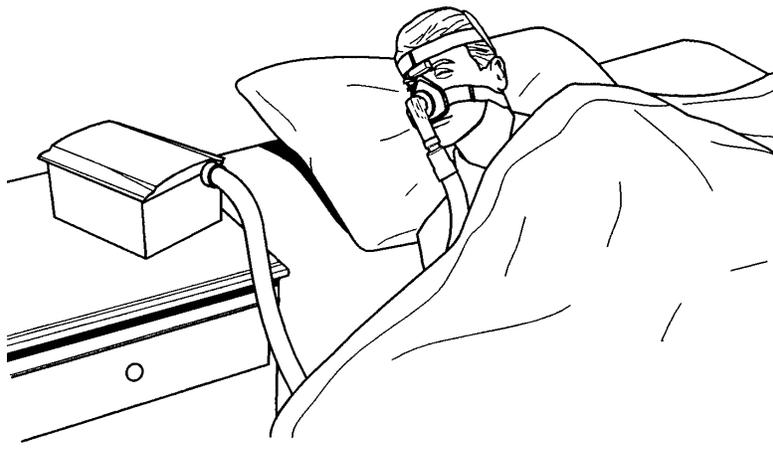
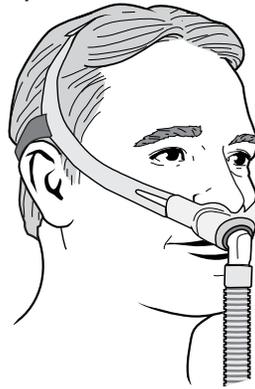
CPAP is used to keep the air passages open while you sleep. A small air blower in the CPAP machine pushes air through a flexible tube. The tube attaches to a mask that fits over your nose, or nose and mouth while you sleep. The constant flow of air through the mask prevents the air passages in your nose 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.

有些人睡眠時，鼻喉部的呼吸通道會發生阻塞或塌陷。呼吸通道塌陷會導致阻塞，可導致呼吸短暫停止。呼吸短暫停止，即為睡眠呼吸暫止症。睡眠呼吸暫止症是嚴重的疾病，必須進行治療。CPAP 是阻塞性睡眠呼吸暫止症最常用的治療方法。要診斷此症，需要進行睡眠檢查。

CPAP 用於保持睡眠時呼吸通道處於開啟狀態。CPAP 呼吸機內有一個小型的鼓風機，透過軟管輸送空氣。軟管連接在面罩上，睡眠時面罩放在鼻子上或口鼻部位。空氣在軟管內保持流動，可防止鼻喉呼吸通道發生塌陷而導致呼吸停止。

為了防止睡眠呼吸暫止症的發生，每次睡眠時均須使用CPAP 呼吸機。如果不使用或使用不當，睡眠呼吸暫止症會復發。外出旅行或住院時，都需要攜帶CPAP 呼吸機。



## 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.**

## 適應CPAP的使用

大多數人使用CPAP呼吸機後，都能改善睡眠效果。

有些人可能需要一段時間才能適應呼吸機的使用。試試這些小技巧，幫助您舒適地使用CPAP。

- 面罩應密封良好，以保持所需的氣壓。與您的醫生或睡眠專家合作，找出最適合您的面罩和頭帶類型。您可能要嘗試好幾種類型才能找到合適自己的。
- 試着在清醒的時候戴上面罩一段時間以便適應它。
- 儘量整晚都戴着面罩。常常會因為感覺悶熱或緊繃，或者因為空氣流動聲音大而想摘下來。戴的時間越長越容易習慣。
- 確保面罩尺寸合適。因為您可能戴着某一品牌的中號尺寸面罩，但並不意味着當您換另外一種類型的面罩時也一定需要中號面罩。
- 大多數呼吸機都有加濕器來增加空氣中的水分，以減少口腔或鼻子乾燥。
- 如果您因過敏、鼻竇問題或其他問題而經鼻子呼吸困難，請與醫生討論如何治療鼻塞。它能提高CPAP的使用效果。

**若您有任何疑問或擔憂，請諮詢您的醫生、護士、或CPAP供應商。**