

# CPAP (Caadaadiska Togan ee joogtada ah laguna sameeyo neef mareenada)

## CPAP (Continuous Positive Airway Pressure)

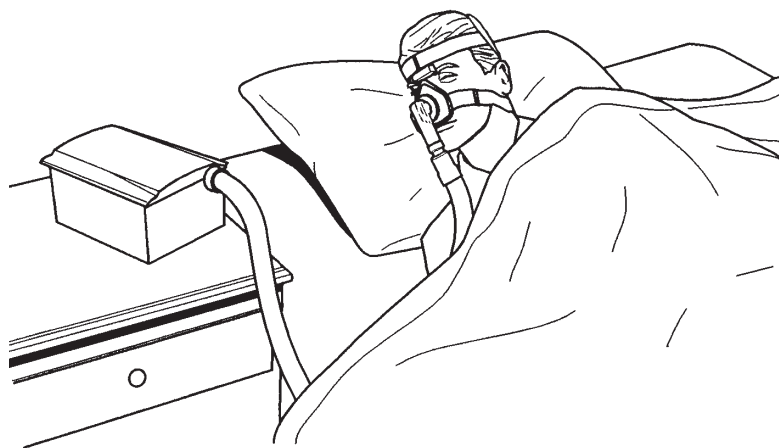
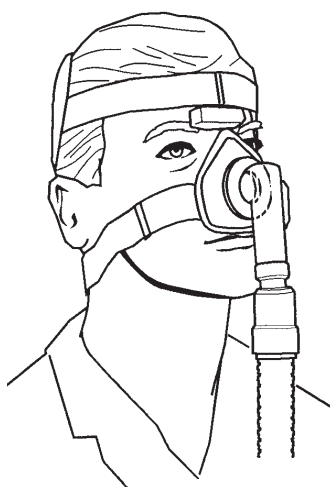
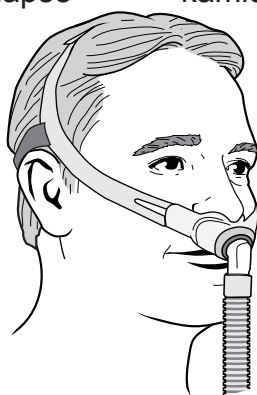
The air passages of the nose and the throat of some people become blocked or collapse while they are sleeping. This airway collapse causes a blockage, which can cause breathing to stop briefly. When breathing stops for a short time, it is known as apnea. Apnea is a serious condition and needs to be treated.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

Neefmareenada sanko iyo dhuunta qaar kamid ah dadka ayaa is xira ama joogsama marka ay hurdaan. Joogsashada neefmareenkaan waxa uu sababaa xirnaansho, kaas oo sababi kara in neeftu si aayar ah u joogsanto. Marka neeftu waqti yar istaagto, waxaa loo yaqaan neef xiran (apnea). Neef xiranku waa cudur aad u xun oo u baahan in la daaweeyo. CPAP ayaa ah habka ugu badan ee lagu daaweeyo **ciladaha neef xiranka hurdada**. Xanuun waxaa la ogaadaa marka la sameeyo daraasada hurdada.

CPAP waxaa loo isticmaalaa in neef mareenadaadu furnaadaan inta aad u hurudo. Hawo keene yar oo ah mashiinka CPAP ayaa hawada kusoo riixa tuyuubka dabacsan. Tuubada waxaa lagu dhejinayaa maaskaro ku dhegan sankoaga, ama sanko iyo afka inta aad huridid. Qulqulka hawada ee joogtada ah ee maaskarada

ayaa ka horjoogsanaaya in hawada sanko iyo dhuuntaada joogsamaan, si ay neefsashadu u istaagin.



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.

## 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.

CPAP waa in la isticmaalo markasta oo aad dooneyso inaad seexato si loo joojiyo neef la'aanta xiliga hurdada. Haddii aanan la isticmaalin ama si saxan loo isticmaalin, neefsasho la'aanta xiliga hurdada ayaa soo laabanaysa. Badanaa qaado CPAP kaaga marka aad safrayso ama haddii lagu dhigo isbitaal.

## La qabsashada isticmaalida CPAP

Inta badan dadka isticmaala CPAP waxay ka caawisaa inay dareemaan nasasho fiican.

Inta badan dadka, waxaa waqti ku qaata inay la qabsadaan sida loo xirto. Isku day tilmaamahaan si aad ula qabsatid isticmaalida CPAP.

- Maaskigaaga waa in si fiican loo dhejiyaa si uu u xakameeyo heerka cadaadiska hawada loo baahan yahay. La shaqee dhakhtarkaaga ama la seexo khabiir si loo ogaado nooca maaskarada ugu wanaagsan xrgaha adiga kugu habboon. Waa inaad iskudaydaa dhowr nooc kahor inta aadan helin kan kugu habboon.
- Iskuday inaad xiro maaskarada muddo xoogaa ah inta aad soojeedo si aad ula qabsato.
- Iskuday inaad guud ahaan habbeenkii oo dhan xirato maaskarada. Inta badan waxaad jeclaysanaysaa inaad iska furto sababtoo ah waxaad dareemaysaa huur ama ciriiri, ama waxay sameynaysaa cod dheer sababo la xariira hawada soogeleysa. Marba marka ka danbeysa oo aad sii xiratid, waxaa kuu fududaanaya inaad la qabsatid.
- Hubi in maaskaradu ku le'eg tahay. Maadaama aad maaskaro dhexdhexaad ah kula xiratid baandheejka, taas micnaheedu maahan in waligaa aad maaskaradaas dhexdhexaadka ah aad xiranayso sababtoo ah waxaa laga yabaa inaad u wareegsato ama isticmaasho mid nooc kale ah.

- 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.
- Inta badan mashiinadu waxay leeyihiin qalabka hawada ee huuriyaha ah si uu qoyaan ugu daro hawada uuna u yareeyo hawo la'aanta afkaaga iyo sankaaaga.
- Haddii aad dhibaato ku qabto inaad ka neefsato sankaa oo ay sabab u tahay xasaasiyad, sanboor ama dhibaato kale, kala hadal dhakhtarkaaga sida la iskaga daaweeyo caburka. Waxay CPAP ka dhigi kartaa mid habboon.

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

**La hadal dhakhtarkaaga ama kalkaalisadaada ama CPAP haddii aad qabtid wax su'aalo ama walaacyo ah.**