



A patient's guide to understanding Treatment of Adult Obstructive Sleep Apnea with Positive Airway Pressure

This patient's guide summarizes the AASM's recommendations for the treatment of obstructive sleep apnea (OSA) in adults with positive airway pressure (PAP). This guide will help you know what to expect when talking with your medical provider. If you want more information you can read the [full clinical practice guideline](#).

Your medical provider should tell you about OSA and its effects on your health and discuss different treatment options available and their potential benefits and risks. The following information will help you know what to expect if you and your medical provider decide that you will use PAP therapy.

WHEN IS PAP THERAPY USED TO TREAT OSA?

Your medical provider should offer PAP therapy as a treatment for OSA if you are experiencing excessive sleepiness during the day.

Your medical provider may also offer PAP therapy if you have OSA and:

- You have high blood pressure

OR

- Your quality of life is affected by poor sleep.

HOW IS PAP THERAPY STARTED?

PAP therapy begins by identifying the appropriate pressure for your device. If you have no serious medical conditions, PAP therapy can begin either at home using an "APAP" (auto-adjusting pressure) device or during an overnight stay in a sleep center. If you have other serious medical conditions, your medical provider is more likely to begin your PAP therapy in a sleep center.

WHAT TYPE OF PAP DEVICE WILL YOU RECEIVE?

Your medical provider should initially offer you either a "CPAP" (continuous pressure) or "APAP" device to treat your OSA.

APAP and CPAP devices work equally well treating OSA, but some patients may respond better to one type of PAP device over another. Your medical provider may instead offer a "BPAP" (bi-level pressure) device if, for example, you need higher pressures to treat your OSA.

WHAT HAPPENS AFTER YOU START PAP THERAPY?

You and your medical provider should remain in close contact to identify any problems with your PAP device or therapy.

Your medical provider might recommend behavioral strategies to help you to use PAP more and to make it more effective in treating your OSA.

Your medical provider may also offer some form of remote monitoring, known as “telemonitoring”, to make sure that your device is working properly, and your treatment is effective.

WHAT ELSE SHOULD YOU DISCUSS WITH YOUR MEDICAL PROVIDER?

Your medical provider might talk with you about:

- Which type of mask is best for you
- Different pressure settings and other comfort settings
- Using a humidifier connected to your PAP device

Your medical provider can help you figure out what options are best for you based on what is most comfortable and help address challenges that you might face as you are getting used to PAP treatment.

NEXT STEPS

You should always talk with your medical provider if you think you have OSA. For more information about OSA or PAP therapy, or to find an accredited sleep center near you, please visit [sleepeducation.com](https://www.sleepeducation.com)