



**CPAP  
sleep study  
and treatment  
information  
booklet**

# Welcome

Starting out on CPAP can be quite daunting. We find that the more knowledge and support a person has, the more likely they are to stick with their treatment and improve their quality of life. We have developed this guide to detail what to expect in tonight's study, as well as the likely treatment steps moving forward. Please take the time to read through this booklet.

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## Tonight's study

During tonight's overnight treatment study, you will have multiple leads attached to your body to measure your brain activity, heart rate, breathing patterns, leg movements and the amount of oxygen in your blood. The overall process will be like a diagnostic study, only this time you will also be fitted with a CPAP mask and machine, so your sleep apnoea can be treated.

In case you weren't already aware, CPAP stands for Continuous Positive Airway Pressure and is the gold standard treatment option for sleep apnoea. A CPAP device delivers room air to your upper airway via a mask worn over your nose and mouth (known as a full face mask) or over the nose only. This air pressure ensures the airway stays open and eliminates apnoea (the cessation of breathing) and snoring (soft tissue vibration). For more information, please refer to our OSA (Obstructive Sleep Apnoea) information sheet.

The purpose of tonight's study is to find a mask that fits and to adjust the CPAP machine pressure to find the right setting for you. You may find that you wake during the night with a higher CPAP pressure than when you fell asleep.

Throughout the night, a technician or nurse will monitor you and make observations, adjusting the CPAP pressure as required and ensuring that accurate data is collected. This may involve the staff member entering the room to check on leads or mask leaks. There will also be continuous audio and visual recording involved.

## Some other important things to know for tonight:

- Our staff are here to answer any questions you may have
- The technician or nurse is always close by throughout the night. If you have any concerns or you need assistance, please press your buzzer
- Equipment may need to be adjusted or changed during the night. We will do our best to avoid unnecessarily waking you
- The mask you have tonight does not have to be the mask you have forever
- The benefits of CPAP treatment may take some time. You may not wake up tomorrow feeling 100% better
- If your doctor requests further treatment, our experienced sleep therapists can help you acclimatise and support you throughout your treatment



## What's next?

After your overnight CPAP study, your data will be analysed by our experienced sleep scientists, and then reviewed by one of our respiratory and sleep specialists. Results are usually sent to your referring doctor within 10 business days. We recommend returning to your referring doctor to review your results and determine the next course of action. In the event your doctor prescribes a trial of CPAP at home, our experienced sleep therapists can help. They will be able to provide you with a machine that is quiet, suits your lifestyle and most importantly, suits your budget.

So, when you are ready, please call us to arrange an initial appointment with our friendly sleep therapist. We have outlined below what to expect from this initial appointment, and we will provide further information in your first appointment.

# What to expect at your GenesisCare sleep therapy appointment?

Your initial CPAP appointment will take approximately 60 minutes. Your sleep therapist will:

- Clarify any questions you may have about sleep apnoea and your treatment
- Discuss the difference between Automatic and Fixed devices and the ideal settings for each
- Walk you through a mask fitting to find the appropriate size and fit for you
- Discuss the benefits of different masks (such as full faced masks or nasal masks) and why some may not be appropriate for your therapy
- Explain your CPAP device to you: its purpose, how it works, and the benefits you can expect
- Familiarise you with the settings on the CPAP machine that you may adjust yourself
- Discuss and explain cleaning and care instructions for your equipment and accessories
- Discuss the costs, terms, conditions and expectations of the rental contract to make sure you understand our rental policy
- Answer any questions about purchase costs for your own CPAP equipment at the end of your contract period
- Discuss and book follow up appointments for the continuation of your CPAP therapy

# Our commitment to your treatment

Our service doesn't stop there. At GenesisCare, we understand that ongoing support and regular communication is paramount to maintaining effective CPAP therapy. Our focus is to make you as comfortable with your treatment as possible and get the best possible life outcomes.

To provide you with ongoing support during your rental period, follow up appointments are arranged to discuss issues or concerns that may arise after your first appointment. Our sleep therapists are also available via phone, email or in person in the days, weeks and months that follow your initial appointment.

At the completion of your rental period, your sleep therapist can provide you with your own equipment for purchase. We offer competitive pricing on products and a service you cannot compare anywhere else. Our after-rental care distinguishes us from other CPAP suppliers, as we work with you every step of the way, from correct device set-up, to mask fitting, to registering your device warranty and arranging ongoing support appointments. Please contact your GenesisCare team if you require any support with your treatment.

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