Sleep apnea treatment: where to from here?

If you’ve been diagnosed with sleep apnea, your doctor will talk to you about your condition and explore your treatment options. Treating your sleep apnea can help give you back that sense of refreshing sleep, increase your energy throughout the day and improve your overall quality of life.

Treatment options

1. **Mandibular repositioning device (MRD).** This is a custom-fit dental device that holds your jaw in a forward position to keep your airway from closing while you sleep.

2. **Surgery.** Surgery can be used to treat sleep apnea, but as with all surgical procedures, there are associated risks.

3. **Positive airway pressure therapy (often referred to as CPAP).** This therapy works by delivering a consistent flow of air to your airway to keep it open, so that you don’t stop breathing at night and have an apnea.

   This is generally regarded as the gold standard treatment for obstructive sleep apnea (OSA). It’s also a noninvasive treatment option, which means there’s no need for surgery.

Your doctor will suggest the best treatment option for your condition.

Get to know your therapy equipment

If your doctor recommends you use positive airway pressure to treat your sleep apnea, it’s important to know how it works, so that you can get the most out of your treatment.

Your therapy system is most likely made up of a mask, therapy device, humidifier and tubing.

Your therapy device produces a regulated flow of pressurised air at a setting that suits your particular needs.

The air travels through the tubing to a mask (that you wear around your nose or mouth) where you breathe the air in. This consistent flow of air keeps your airway open so you don’t stop breathing at night and have an apnea.

**Masks**

You need a mask that is comfortable and fits you properly, forming a good, firm seal on your face so the air does not leak out. There are three categories of masks available:

- **Nasal pillows** rest gently at the entrance of the nostrils.
- **Nasal masks** cover only the nose.
- **Full face masks** cover both the nose and the mouth, which is ideal if you tend to breathe through your mouth.

ResMed’s masks are comfortable and light. Click here for a full list of mask options, including the new AirFit™ series – where you can find the right fit for you.
Therapy devices
Your therapy device will deliver air in different ways, depending on your condition.

**If your doctor recommends a CPAP device**, air is delivered at one constant (fixed) pressure to help keep your airway open. Each person has their own pressure requirements, so they are set for you personally after your sleep study.

**If your doctor recommends an APAP device** (such as ResMed’s AutoSet™ or AutoSet™ for Her device), pressure delivered to you will automatically vary in response to your changing needs throughout the night.

The benefit of AutoSet technology is that it continually monitors each patient’s unique breathing pattern on a breath-by-breath basis, delivering the appropriate treatment throughout the night.

And for women with OSA, the AutoSet for Her algorithm is more sensitive to female-specific breathing patterns, applying pressure changes steadily and comfortably throughout the night.

**If your doctor recommends an adaptive servo-ventilation (ASV) device**, your device will provide treatment for both OSA and central sleep apnea (CSA), including a type of breathing called Cheyne-Stokes respiration (CSR). This device is for those who have been diagnosed with complex sleep apnea (CompSa) or who have sleep-disordered breathing and other comorbidities. ResMed’s ASV technology is the most clinically studied, and is available in ResMed’s AirCurve™ 10 CS PaceWave device.

ResMed provides a range of devices that deliver pressure to suit your needs. Click here for a full list of device options, including the new AirSense™ 10 and AirCurve™ 10 series – for a new beginning in therapy choices.

Humidification
A humidifier warms the air coming from your therapy device before you breathe it in through your mask. This moistens your airway to help you avoid a dry nose or throat, and it can also help keep your mouth closed while you sleep.

ResMed’s new range of devices come with a built-in humidifier, and are automatically set to deliver therapy at the most comfortable temperature and humidity to help alleviate symptoms of nasal congestion and dryness. Take a look at ResMed’s range of humidifiers.

Tubing
Tubing comes in different diameters and lengths, and may be heated or non-heated, depending on your system. Your tubing should make it easy for you to move around freely in your sleep.

Heated tubing, like ResMed’s ClimateLineAir™, can make using a humidifier even more comfortable, because air is kept warm in the tube as it travels from the device to your mask. This comes with the AirSense 10 and AirCurve 10 device series, to provide you with comfortable sleep.

ResMed’s SlimLine™ tube is narrow and light, so gives you a lot of freedom to move.

Connecting with others
If you’ve been diagnosed with sleep apnea, you’re certainly not alone. Hundreds of thousands of people, like you, require treatment for their sleep apnea.

To help you on your journey to healthy sleep, we encourage you to join sleepvantage™: ResMed’s sleep apnea community, where you can interact with people who are living better lives today as a result of treating their sleep apnea.

At sleepvantage, you can:
- Read stories of people who have experienced what you’re going through
- Register your sleep apnea treatment products to ensure you get the most effective use from them
- Get an extended manufacturer’s warranty on your therapy equipment
- Join or start discussions in the sleepvantage online forums
- Access a range of educational articles and videos on sleep apnea
- Register your interest to take part in clinical trials and be one of the first to trial the newest products on the market
- Access the free member support line
- Be part of exciting promotions and special offers

**It’s absolutely free – join today!**
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