

RETURNING TO SLEEP LAB FOR CPAP

Some patients will need to return to the Sleep Lab for a second visit for treatment of sleep apnea. This can happen because:

- The patient did not sleep long enough for an adequate diagnosis to be made.
- The patient is determined to have Sleep Apnea or other sleep disorders and must return for CPAP titration or other treatment.

CPAP is the acronym or **Continuous Positive Airway Pressure**, and it simply means that air pressure is used to keep the airway open during the night so that you sleep better with fewer arousals or interruptions. If you return for CPAP, you will have the same leads applied to you as in the first test, with the addition of a small mask placed over your nose that will be attached to an air hose. The pressure of the compressed air through the mask is what keeps your airway open, and the technician changes the air pressure gradually during the night to eliminate any times that you block off your airway or breathe shallowly. Most people are not aware of the pressure changes as they sleep. At the end of the night, the technician will ask you some questions about the mask itself, the way you slept, and the way you feel upon awakening that morning.