

## What is PAP Therapy?

PAP Therapy provides patients with a stream of compressed air while they sleep to support their airway. You wear a small mask over the nose or mouth while sleeping with PAP therapy. The device then blows pressurized air from the room into the patient's upper airway through the mask with a connected tube.

## CPAP (Continuous Positive Airway Pressure)

- Air pressure is used to blow open the airway and keep it open, allowing for a better night's sleep.

## BiPAP (Bi-level Positive Airway Pressure)

- Uses two different air pressures to blow airway open. A higher pressure to blow the airway open and a lower pressure to allow for exhaling.
- May work better for treating sleep apnea in people who have difficulty tolerating CPAP.

## BiPAP-ST (Bi-level Positive Airway Pressure-Spontaneous Timed)

- Delivers airflow similar to a standard BiPAP; However the ST model will initiate breaths for you if you stop breathing – responding by delivering air in a set time frame if one is not taken spontaneously by the patient.
- Works well for patients with central sleep apnea brought on by heart conditions and some neurological conditions.

## ASV (Adaptive Servo-Ventilation)

- A form of Positive Airway Pressure that continuously monitors the patient's breathing pattern in detail.
- When ASV detects pauses or reductions in breathing, the machine will intervene to maintain steady breathing.
- Adjusts itself to meet specific needs of the patient.
- When the breathing problems ends, the machine “backs out” gently.

*Sleep Better ~ Live Healthier!*