



716 Prior Avenue North, St. Paul MN 55104

YOUR CPAP PRESCRIPTION

Obstructive Sleep Apnea is the result of a blocked airway. People breathe differently when they sleep. During deep sleep muscles relax and the tongue can fall back against the back of the throat, blocking or obstructing the air passages. The breathing muscles will continue to move the chest but, because of the obstruction, air will not be able to move in or out of the lungs.

Your doctor has, after examining you and ordering specific tests, determined how much pressure you need to keep your airway open at night while you sleep. This has been preset on your CPAP/BiPAP equipment by your NRS clinician. It is very important that you use your equipment and that you follow your doctor's orders by always using the prescribed flow at the prescribed times while you sleep.

Do not attempt to change the pressure setting on your CPAP/BiPAP unit. If you feel you need a change in how much pressure you are using, please contact doctor or NRS who can also contact your doctor.

If you have nasal, sinus or ear pain you may have a sinus infection or nasal congestion and should discontinue use and contact your doctor or NRS.

If you have any questions about your equipment or mask please call Northwest Respiratory Services at (651) 603-8720 or 1-800-232-0706.

We are dedicated to helping you achieve compliance with your CPAP/BiPAP equipment so that you can fully experience the benefits it can bring.