

# Sleep Comprehensive Care Program



The team at the Sleep Comprehensive Care program at Northern Health provide treatment, monitoring and support for people with sleep disorders such as obstructive sleep apnoea.

We offer the hire or purchase of sleep equipment including CPAP. There is a cost for this.

You can also choose to get CPAP equipment from another private CPAP provider - store, pharmacy or online - our team can give you information on how to do this.

We are part of the Department of Respiratory and Sleep Medicine at Northern Health (see map).

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## What is CPAP?

CPAP is Continuous Positive Airways Pressure. It is the best way to treat sleep apnoea. If you have Obstructive Sleep Apnoea, your treating team may recommend this treatment.

## How does CPAP work?

CPAP equipment has three parts – a pump, tubing, and a mask. The pump takes air from the room and gently pressurises it. This air is then delivered by the tubing to the mask allowing it to be delivered to the nose and throat. This pressure keeps your throat open, helping you to breathe better while you are asleep.

Modern CPAP pumps are quiet and should not be heard by you or a bed partner during the night. By improving your breathing and reducing snoring, it should help you sleep better. There are many different types of masks and finding one that fits well and is comfortable is important to help you get the most out of this therapy.

## Getting started with CPAP

The team at the Sleep Comprehensive Care program at Northern Health will help you while you are starting CPAP. This includes working to find the best mask for you and providing advice to make sure the therapy is comfortable and works well.

We will explain the costs and process for obtaining CPAP equipment. If you receive Centrelink support or are experiencing financial difficulties, please let our team know.

