

For successful CPAP therapy, choose the right mask

**NEW**



One of the key reasons people cease to use CPAP therapy is that they have difficulty adapting to their mask.<sup>1</sup> So when you're deciding which mask to use, you should consider some of the following questions:

## **When I sleep, do I breathe through my mouth or nose?**

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Masks are designed for either nose-breathers, or mouth-breathers. The diagram below illustrates the three types of CPAP mask.

## **Do I sleep on my back, side or front?**

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Some masks will be more comfortable than others depending on how you typically sleep. For instance, some masks have soft side arms on the headgear, while others have hard plastic.

## **Do I tend to feel claustrophobic when I have something covering my head or face?**

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Some people who are claustrophobic<sup>2</sup> may gravitate to a particular type of mask e.g. minimal.

## **Is my bed partner a light sleeper, or are they easily disturbed?**

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If they are a light sleeper, ask about how quiet or drafty the masks available are.

## **Do I move in bed much when I sleep?**

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Investigate which masks are more adaptable and stable as you move during the night.

## **Do I have sensitive or fragile skin?**

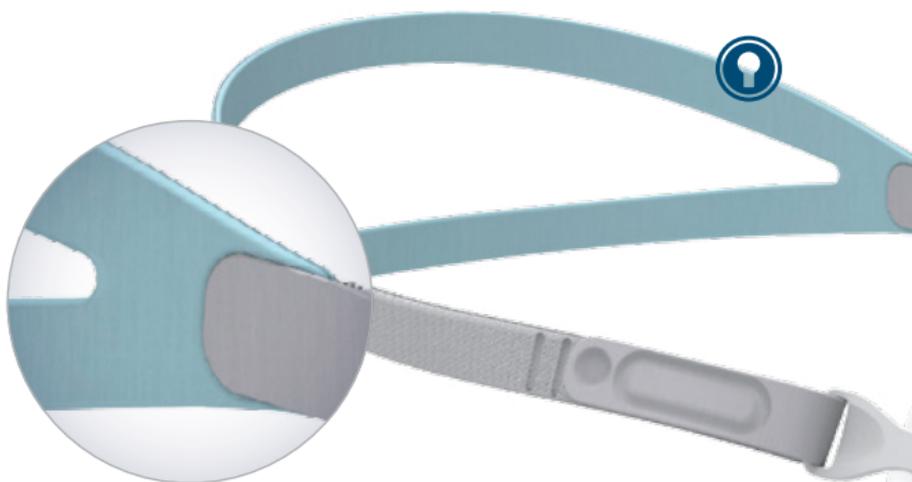
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If so, look for a mask which is comfortable and will not be in contact with the sensitive areas of your face.



Introducing Fisher & Paykel Healthcare's latest minimal, nasal pillows mask, the **F&P Brevida™**

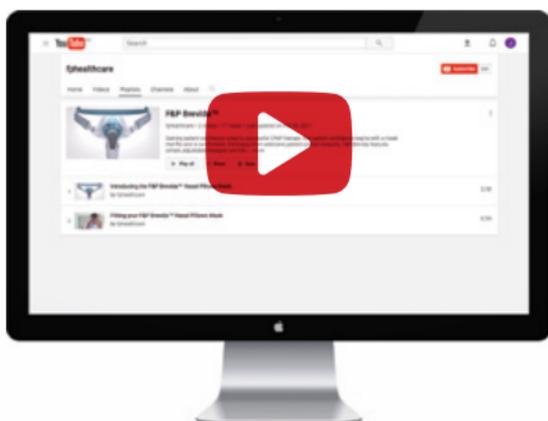
Adjustable headgear which **helps keep the headgear in place** as you move.



Headgear is made of a soft fabric, **designed for comfort.**



Soft silicone seal inflates like a pillow of air **for comfort.**



For more information, look for F&P Brevida at [www.youtube.com/user/fphealthcare](http://www.youtube.com/user/fphealthcare)



NASAL PILLOWS



F&P Healthcare's latest masks include VisiBlue™ - blue color cues that help you more easily fit, disassemble, assemble and orient the mask.



Removable, washable diffuser to muffle the **noise** and **reduce** draft.



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## Benefits of CPAP therapy:

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For people with OSA, research shows that CPAP therapy has a number of health and lifestyle-related benefits,<sup>3</sup> such as:

- Improvements in daytime function and sleepiness<sup>4</sup>
- Improvements in cognition<sup>5</sup>
- Improvements in blood pressure<sup>6</sup>

## What is OSA?

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During normal sleep most of our muscles are in a relaxed state; however, the muscles that control the airway maintain some muscle tone in order to hold the airway open to enable us to breathe.

In some instances the airway muscles relax too much, causing the airway to narrow slightly. For people with obstructive sleep apnea (or OSA), the airway muscles relax too much, which causes a slight or full reduction in air flow to the lungs.<sup>7</sup>

## What is CPAP therapy?

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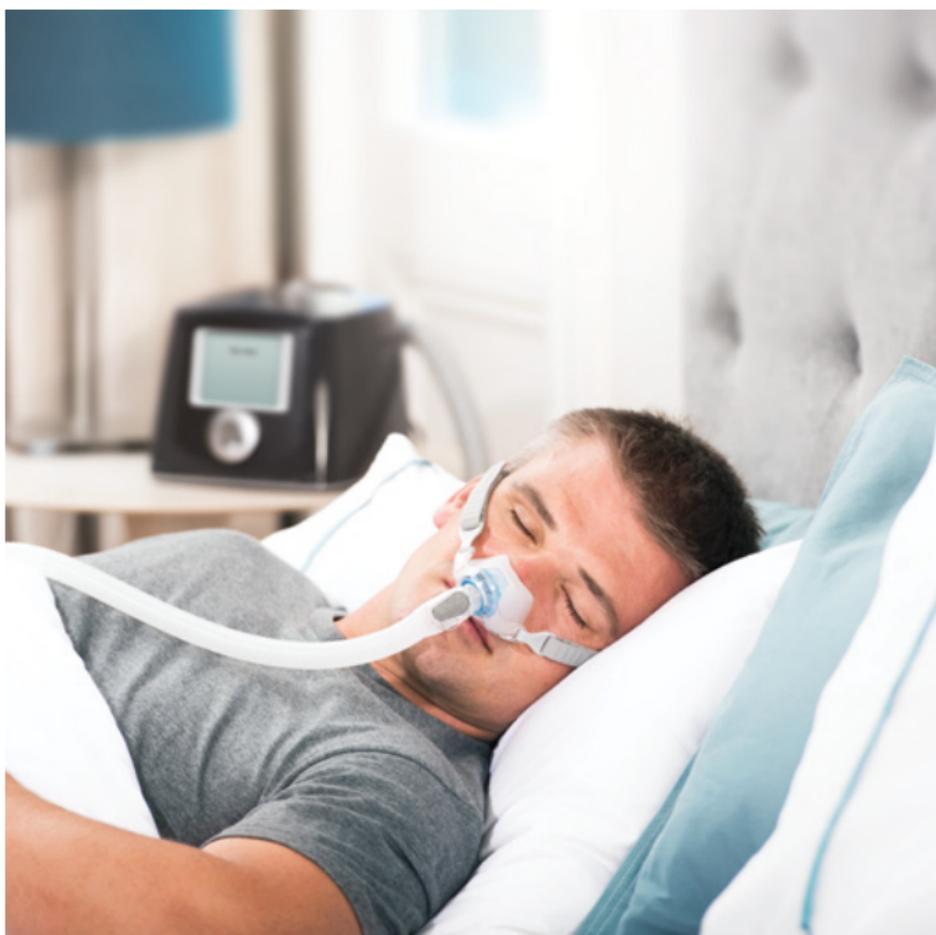
**Continuous positive airway pressure (CPAP) is the simplest and most effective treatment available for OSA.** CPAP consists of a well-fitted mask that seals the nose, the mouth, or both nose and mouth. This mask is connected to an electronic device that delivers a flow of air through a length of tubing. Supplying a flow of air to the upper airway in this manner creates a positive airway pressure, which creates a splint in the airway to prevent it from collapsing during sleep.<sup>8</sup>

**References:** **1.** Pelletier-Fleury, N., Rakotonanahary, D., & Fleury, B. *Sleep Med*, 2001. 2(3): 225-232. **2.** Edmonds, J.C., et al. *Heart Lung*, 2015. 44(2): 100-106. **3.** Cao, M.T., Sternbach, J.M., & Guilleminault, C. *Expert Rev Respir Med*, 2017. 11(4): 259-272. **4.** Antic, N.A., et al. *Sleep*, 2011. 34(1): 111-119. **5.** Kushida, C.A., et al. *Sleep*, 2012. 35(12): 1593-1602. **6.** Martinez-Garcia, M.A., et al. *Eur Respir J*, 2015. 46(1): 142-151. **7.** Dempsey, J.A., et al. *Physiol Rev*, 2010. 90(1): 47-112. **8.** Sullivan, C., et al. *The Lancet*, 1981. 317(8225): 862-865.

# About Fisher & Paykel Healthcare

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Fisher & Paykel Healthcare has been making quality CPAP masks since 2001. Our masks are used by millions of patients around the world and are designed with the patient in mind. Our masks are carefully designed for comfort, effective sealing and ease of use.



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