

Monitoring your treatment

Throughout your treatment, you will receive personalised care at the Cenas Sleep Medicine Centre. An appointment with a sleep specialist doctor (or pulmonologist) will be scheduled to discuss your diagnosis and explain your treatment.

The steps of your follow-up:

-  **1^{er} appointment**
With a nurse/CPAP technician, lasting 45 minutes to 1 hour, to start treatment. You will be given all the technical and therapeutic instructions you need to get your treatment off to the best possible start.
-  **2^{ème} appointment**
On average, 15 days after the first appointment, to analyze your first nights with your CPAP. You will receive personalized support to help you make the most of your treatment in your daily life (answering your questions, managing side effects, adjusting CPAP and mask settings if necessary). Further appointments may be proposed as you adapt to your new treatment, until you achieve optimal use.
-  **Medical check-up**
After 4 months, at the end of your adaptation to the treatment, an appointment with the doctor will be scheduled to carry out a medical check-up. Nocturnal oximetry may be performed.
-  **Half-yearly control**
A check-up with the nurse/CPAP technician can be scheduled to check adherence to treatment and answer any questions you may have.
-  **Annual control**
A 45-minute to 1-hour check-up is scheduled every year to assess the benefits of treatment, read the data on your device and renew your consumables (mask, hose, filters and, if necessary, humidifier). A treatment assessment will be carried out, as well as the renewal of the medical prescription by your CPAP referral physician (required for refund by your basic health insurance).

Bulle

Sleep center

Gruyère Centre
Rue du Château-d'en-Bas 2B
1630 Bulle
+41 026 555 02 10
bulle@cenas.ch

Chêne-Bourg

Sleep center

Tour Opale
Chemin de la Gravière 3
1225 Chêne-Bourg
+41 022 307 10 95
info@cenas.ch

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My CPAP treatment



The sleep apnea

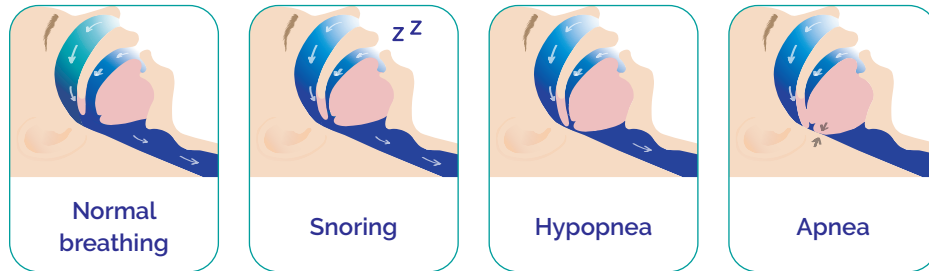
Understanding sleep apnea

Sleep apneas occur many times during the night, severely impacting sleep quality and recovery.

These respiratory arrests also lead to «micro-awakenings», drops in blood oxygen levels, and significant variations in heart rate and blood pressure.

Partners play an important role in detecting apneas, as they are the first to witness the discomfort experienced by patients during sleep. Indeed, when patients wake up, they often have no recollection of having suffered respiratory arrest.

Some factors, such as age, excess weight, anatomical anomalies or excessive alcohol consumption, can amplify this phenomenon.



How to recognize symptoms*

During the night :

- Snoring (very loud)
- Breathing pauses
- Dry mouth
- Excessive sweating
- Frequent need to urinate
- Palpitations
- Feeling of suffocation

Waking up :

- Headaches
- Feeling of unrecovery sleep

During the day :

- Tiredness
- Sleepiness
- Reduced attention
- Loss of motivation
- Sadness

*Some symptoms may not be present.

The CPAP treatment

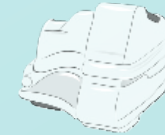
The CPAP machine

CPAP (Continuous Positive Airway Pressure) is a device that delivers a continuous flow of ambient air. It prevents the airways' soft tissues from narrowing and collapsing during sleep, thanks to gentle pressure via a mask.

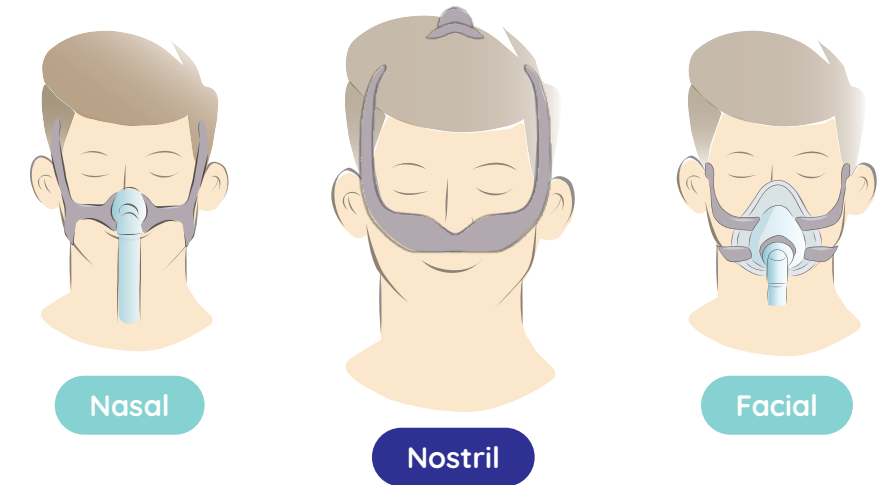


The humidifier

A humidifier can be attached to the CPAP device for dry nose and mouth, allergic rhinitis or chronic sinusitis. It features a water tank to heat and humidify the air you breathe. It's important to empty the reservoir every day and change the water daily to prevent the proliferation of bacteria in your device.



What are the different types of mask ?



Your CPAP nurse will help you choose your mask during your consultations. The model will be chosen according to your morphology, comfort and efficiency.

Your CPAP must be used every night. Regular use ensures optimal effectiveness.

+ It is entirely possible to travel with your CPAP machine. A certificate for customs and air travel will be provided upon request.

+ The new generation of CPAP devices is quiet, so they won't disturb you or your bed partner.

