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A machine which is used to help any person suffering from an obstructive sleep apneas or OSA while taking breathe mostly during the sleep is called as cpap machine or continuous positive airways pressure machine. When anyone uses this cpap machines the bed partner also sleeps better and relax full manner. One can also use this cpap every night at home also while sleeping. A cpap machine offers a mask which covers the mouth and the nose, a mask which covers the nose only or also called as a nasal continuous positives airways pressure and a prong which fits into the nose.

Treatment procedure:

It may be time taking for getting comfortable with cpap to the patients but if anyone fails to use it doctor must be called for checking up whether to change the mask or to make any adjustments within that only. A cpap is said to be one of the most efficient nonsurgical treatment to an obstructive sleep apneas. This treatment is the first choice and is widely been used. All doctor uses cpap for treating the people who are suffering from the moderate to some severe sleep apneas. This treatment is for the people who are suffering from coronary artery diseases or heart failure also. Overall cpap has an effective weightage to moderate and the severe obstructive sleeps apnea. The research shows the decrement in continuous positives airways pressure mostly during day time sleeps and specifically for those having the moderate to the severe sleep apneas. But cpap might not be so much effective for those people having mild sleep apneas. Studies have shown that people having moderate to the severe sleep apneas, in those the nasal continuous positives airways pressure lowers the blood pressure both during day and night. This cpap machine is proved to be better than any other non surgical techniques employed for treating the obstructive sleep apneas. People having coronary artery diseases use cpap for the sleep apnea and thus less likely to be prone to heart failures or other heart problems that are related to the health of the human beings.

Risks and side effects

The problems that might occur in using this machine includes nightmares and an excessive dreaming, dry nose, sore throat, nasal congestion, sneezing, runny nose, irritation of eyes and skin over the face, abdominal bloating and leaks over the mask due to not been fitted properly. Nosebleeds are the rare complications of cpap. One can expect the mild discomforts in morning whenever starting to use cpap. One may be capable to stop or limit few of its side effects. The doctor might be capable of adjusting the cpap for reducing or eliminating the problems caused. Ensure that the mask has been fitted properly otherwise it may lead to trouble for the one who is wearing the mask. Air must not be leaked around this mask. Use a corticosteroid or a humidifier nasal spray medicines for reducing these nasal drainage and irritations. If the nose id congested or runny, doctor should be consulted while having any cpap supplies.

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