

## Speaking from Experience

### Sleep Disorders: Sleep apnea & insomnia

#### Transcript for Chapter 2 of 7: Using CPAP machines

**Robert, has sleep apnea:** When it was then suggested that I should have the CPAP machine – that’s a continuous positive air pressure unit – I realised that could prevent me from not waking up in the middle of the night. And I have therefore been a completely regular user of the machine ever since. Even when we’ve gone overseas I’ve taken it with me.

**Daniel, has sleep apnea:** The thought of wearing a mask and using the CPAP machine for the rest of my life, that doesn’t really worry me because it’s not painful. It’s not even uncomfortable. It feels good as I go off to sleep at night. The machine that I have, the CPAP machine that I have, it’s actually designed to cut in very gradually so you don’t actually feel any discomfort as you’re going to sleep. You don’t feel anything, actually. It’s really no drama at all. And by the time it reached full strength, I’m asleep.

**Robert:** The CPAP units are made so that they make absolute minimum noise and so that wasn’t a disturbance, although my wife was aware of it when I first... For the first probably few months, she was aware of the whirring noise, which I kept as far away from her as possible. But once she got used to that – and you do get used to these noises during the night – then everything else about the use of the unit was satisfactory. No more snoring, certainly. I can lie on my back for quite considerable periods of the night and not snore, and that’s usually the place where the snoring occurs.

**Chris, has sleep apnea:** I mean, I use it a lot. I understand that a lot of people just, you know, use it two or three times a week, but I use it all the time because I think I have a bit of a breathing problem and it also gives me a lot more air than I would get normally. So for that reason, I like it.

**Joan, has sleep apnea:** The biggest temptation would be to put it in a drawer, put it in the cupboard, not use it. And I ran across many people that were on CPAP and they had put it in the cupboard in case they got tired and they’d use it, they said. But you have to use it continuously. And that’s the most benefit. That’s where it’s going to benefit you.

**Harry, has sleep apnea:** Getting the right fit is the major problem that we all face, some people more than others, I guess. But I’ve noticed that the manufacturer has got much better designs than were available when I first started and that’s made a big difference.

**Joan:** I was feeling good after probably the second month and I just had to persevere with the mask and I probably had that done in maybe five months, so that sometimes I can’t think... I wake up in the night and think, “Have I got the... Have I got the mask on or not?” You know, it’s just so simple now.

**Robert:** It becomes the same sort of thing as you’ve gotta clean your teeth every night and those sort of things. It just has to be done. I put it on and switch it on and... and put up with

it.

**Joan:** I could see the benefit. I think that was it. I saw the benefit that I was sharper. And I think that's what it is. It's the sharpness. And, that I could do more, I had plenty of energy, I wasn't waking up tired.

**Daniel:** The CPAP machine and getting used to it and sleeping with it. It hasn't been easy, but the benefits are there and the benefits have outweighed any difficulty that I've been having with it. I feel... I feel good about the process.