

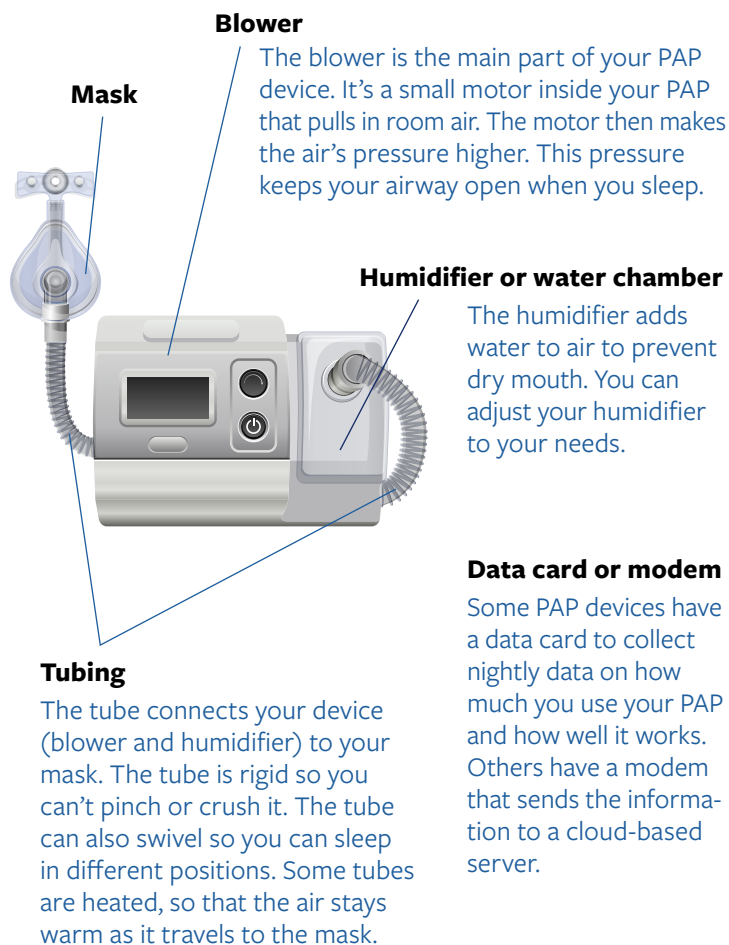
# WHAT IS PAP?

Positive Airway Pressure (PAP) is a common treatment for sleep apnea. PAP is a device that delivers air pressure while you sleep.

## How does PAP work?

The PAP device is made of a small, quiet motor that pulls in room air (not oxygen), raises it to a specific pressure, and then delivers the pressure through a mask. This pressure keeps your airway open through the night. By keeping your airway open, your breathing returns to normal, and it prevents the sleep disturbances caused by sleep apnea.

## Learn about your PAP device



## When is PAP used to treat sleep apnea?

**To reduce symptoms.** When someone has sleep apnea symptoms, PAP treatment may be prescribed. Common symptoms include:

- Feeling sleepy during the day
- Falling asleep while driving
- Waking up with headaches
- Feeling irritable or moody
- Trouble with attention or concentrating
- Snoring loud enough to disturb a bed partner

PAP therapy may also be used to help lower blood pressure in people with sleep apnea.

## Types of PAP

There are different PAP devices:

- The most common is PAP (Positive Airway Pressure). PAP provides a stable pressure that sends room air into your airway through your mask.
- Other PAP devices, such as auto-PAP (APAP), can change the level of air pressure through the night.

## Resources

Mayo Clinic video:

[How PAP controls sleep apnea](#)

Harvard Medical School Division of Sleep Medicine:

[Nonsurgical apnea treatments](#)