



## CPAP THERAPY AT

# SLEEP TECH CLINIC

## TTSH, CLINIC 4A

After the Physician has reviewed your sleep study and assessed that you need CPAP Therapy, you will be referred to the Sleep Tech Clinic for treatment.

Our Sleep Technologists will provide guidance on the various solutions including sleep hygiene, lifestyle modifications and potential therapies such as Continuous Positive Airway Pressure (CPAP) therapy.

The sessions will cover the proper use of prescribed treatments and emphasises on the importance of using CPAP machines during sleep.

### OTHER SERVICES INCLUDE

Home Sleep Test  
Actigraphy Test  
Overnight Pulse Oximeter Recording

Organised by  
**THE INTEGRATED SLEEP SERVICES**

For inquiries, please contact us at

✉ [sleepservice@ttsh.com.sg](mailto:sleepservice@ttsh.com.sg)

☎ 6357 8260

## DURING FIRST VISIT

### 1

#### CPAP Counselling

Sleep Technologist educates patients on the importance of CPAP Therapy.

Discuss on the benefits and potential risks of untreated OSA.

Demonstrate how to operate and take proper care of the machine.



### 2

#### Mask fitting

Sleep Technologist will assist patients in selecting the appropriate mask based on facial features, sleeping position and personal preferences.

Proper mask fitting techniques are demonstrated to patients.



## DURING REPEATED VISIT

### 3

#### Review of CPAP Data

Sleep Technologist will download the data obtained from CPAP machine to review patient's progress.

A report will be generated and handed over to the referring Physician.

Sleep Technologist addresses patient's enquiries and concerns.



### 4

#### Follow up

Sleep Technologist will continue to review patient's compliance report.

Sleep Technologist will discuss any concerns that you may have and provides guidance for better health outcomes.

