



Continuous Positive Airway Pressure (CPAP) Therapy

Obstructive sleep apnoea (OSA) is a sleep-related breathing disorder that involves a reduction or cessation of airflow despite efforts by the body to breathe. If you have been diagnosed with OSA, you are strongly encouraged to try CPAP therapy.



About CPAP Therapy

- First-line, non-invasive treatment for OSA
- Keeps the airway open during sleep by delivering a constant, gentle flow of pressurised air
- Uses a mask that covers the nose (and sometimes also the mouth)
- Restores normal blood oxygen levels

Benefits of CPAP Therapy

- Reduces/eliminates upper airway collapse
- Reduces/eliminates snoring
- Improves sleep quality
- Alleviates excessive daytime fatigue



Trial of CPAP Therapy

1



DIAGNOSIS

- Your doctor has diagnosed you with OSA.

2

TREATMENT

- CPAP therapy has been recommended.
- You will be advised to trial CPAP therapy to experience what using it feels like.



3



CPAP TRIAL

- Research on different CPAP providers - find out the cost of the mask, CPAP trial, machine (for subsequent purchase) and types of services they provide.
- A CPAP mask typically costs between \$250 to \$400, and you need to purchase it for the trial.
- Use your CPAP machine for at least a month during the trial with your chosen CPAP provider.
- A prescription from your doctor is not typically needed, but your provider may want to verify your OSA diagnosis by looking at your sleep study report.
- Keep open and continuous communication with your chosen CPAP provider to ensure a smoother trial experience.



4

POST-CPAP TRIAL

- After your trial, please obtain a CPAP compliance report from your CPAP provider. This report contains details on your usage of the CPAP machine and whether your OSA has been adequately treated.

REVIEW CONSULTATION

- Bring your CPAP compliance report to your next ENT clinic consultation to review your treatment progress.
- You may wish to purchase a CPAP machine to use long-term if it is suitable for you.
- If CPAP therapy is unsuitable for you, please discuss alternative treatments with your doctor. Examples include:

Non-surgical

- Mandibular advancement device (MAD)
- Positional therapy

Surgical

- Tonsillectomy and/or uvulopalatopharyngoplasty (UPPP)
- Nasal surgery
- Maxillomandibular advancement (MMA)
- Hypoglossal nerve stimulation (HGNS)

5



Additional Information:

CPAP Trial

There are many brands of CPAP machines and masks available in the market. Due to the wide range of models, our clinic does not carry any CPAP machines or masks, nor do we offer the CPAP trial service. You may approach Junnimed Services Pte Ltd or other providers to enquire about the CPAP trial (a list of CPAP providers can be found on page 7).

Purchase of CPAP Machine

Kindly note that the **Resmed AirSense 10 AutoSet** is the only CPAP machine model eligible for Specialist Outpatient Clinic (SOC) subsidy, provided you fulfil all the requisite criteria. This specific model is available for purchase directly at our clinic, and you will have to collect the machine from Junnimed Services Pte Ltd*, our clinic's sole distributor of the CPAP machine. Collection can be arranged via self-collection at their physical outlets or home delivery.

***Please refer to Frequently Asked Questions for further information.**

Frequently Asked Questions

+ Why must I go for a CPAP trial?

CPAP therapy is the most effective treatment for OSA. However, some patients may experience discomfort at the beginning and need time to adjust to it. A CPAP trial allows you and your doctor to assess its suitability as a treatment method without you having to purchase the CPAP machine.

+ Does the ENT clinic offer CPAP trial services?

We do not provide any CPAP trials. You may approach Junnimed Services Pte Ltd or other providers for the CPAP trial (refer to page 7).

+ What should I consider when choosing a CPAP mask?

You should choose a mask that fits your face best and is the most comfortable for you during sleep. Some common considerations include preferred sleeping position, presence of significant nasal obstruction requiring constant mouth breathing, etc. According to research, most patients find nasal masks to be the most comfortable. Do explore the various options with your CPAP provider to maximise comfort and performance.

+ Is there any subsidy for CPAP machine?

The **Resmed AirSense 10 AutoSet** is the only CPAP machine model eligible for SOC subsidy, provided you fulfil all the requisite criteria. Please note that accessories such as masks and other consumables are not covered by the subsidy.

Subsidy criteria:

- The individual must be ≥ 16 years old, with moderate-to-severe OSA
- He/She must meet the adherence criteria of CPAP use of ≥ 4 hours per night, for at least 70% of the nights during a one-month trial period

The Resmed AirSense 10 AutoSet is available for purchase at our clinic (payment can be made via cash or card). You have to collect the machine from Junnimed Services Pte Ltd, our clinic's sole distributor of the CPAP machine. Collection can be arranged via self-collection at their physical outlets or home delivery.

CPAP Trial and Collection of Machine (Resmed AirSense 10 AutoSet):

Junnimed Services Pte Ltd

WhatsApp: 9023 4820

Outlets:

JS Shop (Little India)

62 Bukit Timah Road, Singapore 229902
Basement 2, Inside Downtown Line,
Little India MRT Station
(Along Exits D and F)

Shop Operating Hours:

9am – 6pm (Mon - Fri)

Contact No.: 6514 1243

Email: shop@junnimed.com

JS Shop (Upper Thomson)

1 Jalan Kelulut #B1-05,
Singapore 577937
Upper Thomson MRT Station (Exit 3)

Shop Operating Hours:

9am – 6pm (Tue - Sat)

Contact No.: 6322 7890

Email: shoptm@junnimed.com

List of CPAP Trial Providers*

- 1. Junnimed Services Pte Ltd**
Contact No.: 9023 4820 (WhatsApp)
Email: shop@junnimed.com
- 2. ERIKG Pte Ltd**
Contact No.: 8979 7988
Email: jurongeast@erikg.net
- 3. Somnotec (S) Pte Ltd**
Contact No.: 9171 9095
Email: yumin@somnotec.net
- 4. The Air Station**
Contact No.: 9699 1595
Email: sleepcare@theairstation.com.sg

*The list is non-exhaustive.

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OneNUHS Appointments: appointment@nuhs.edu.sg

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more information

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Closed on Sat, Sun & PH

Email: ent@nuhs.edu.sg

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