

# Cpap Treatment & Reporting



Supporting safe treatment of sleep apnoea and return to fitness for work

Continuous Positive Airway Pressure (CPAP) is the gold-standard treatment for obstructive sleep apnoea. We work in partnership with NZ Sleep to provide clinical treatment support. A CPAP machine gently delivers pressurised air through a mask while sleeping. This pressure acts like an air splint, keeping the airway open so breathing remains stable all night. This restores oxygen levels, reduces snoring, improves sleep quality, and allows the brain to achieve the deep restorative sleep needed for safe daytime performance.

## Why treatment matters

Effective CPAP treatment can dramatically improve alertness, concentration, mood, blood pressure, and safe driving performance within days to weeks. For organisations, it supports a safe return to driving and demonstrates a clear, evidence-based response to identified fatigue risk.

## Possible next steps

Private CPAP purchase, Public sleep service referral pathway via GP, Mandibular advancement splint referral, ENT review, Ongoing treatment monitoring

## How CPAP works

- Prevents airway collapse during sleep
- Stabilises breathing overnight
- Reduces oxygen drops
- Improves sleep continuity
- Reduces microsleep risk
- Improves daytime alertness
- Supports safe driving performance

## Our CPAP support pathway

1. A four-week CPAP trial is couriered directly to the employee
2. Machine setup and mask education is provided
3. Comfort troubleshooting and leak support available
4. Compliance and treatment response remotely monitored
5. End-of-trial clinical report completed
6. Next-step pathway recommended

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