

# What is? CPAP Machine

A CPAP machine helps treat sleep apnea. This device uses continuous positive airway pressure, or CPAP, to ease your symptoms.

The machine has a tube connected to a mask. You wear the mask while sleeping. It may cover just your nose, or both your mouth and nose, depending on the style of the mask and your needs. The mask also has straps to keep it in place.

Some people may be able to use nasal pillows instead of a nasal mask. Your provider will help determine the best type for you. As you sleep, gentle air keeps your airway open.

Your healthcare provider may advise a CPAP machine, along with lifestyle changes, to help you sleep better.