

TREATMENT

FOLLOW-UP SLEEP STUDY

After your first sleep study, you may be asked to come back for a second one. The second visit will be just like the first. The only difference will be the technician will have you wear something to help you breath while you sleep. Your caregiver and sleep specialist will decide which of the following is best for you.

1. Continuous Positive Airway Pressure (C-PAP) or Bi-level Positive Airway Pressure (Bi-PAP)

Just like a superhero, these special masks help you breath while you sleep. They also have a trunk that looks like an elephant.

2. Nasal Cannula

A nasal cannula gives you fresh air to breath while you sleep. It looks like a clear mustache.

Whichever one you use, the goal is to help you breath better while you sleep!



These photos and their rights do not belong to Michigan Medicine.

Image sources:

hubpages.com/health/C-Pap-Masks-for-Children-C-Pap-and-BiPap-Mask-Review

<https://www.thecpapshop.com/philips-respironics-wisp-pediatric-cpap-nasal-mask>

<https://vapotheirm.com/pediatric-non-invasive-respiratory-support/>