

Dear Patient,

We are sorry that national issues in CPAP supplies have led to delays in our ability to offer you prompt CPAP treatment.

We can assure you that you are on our waiting list and we hope that supplies will improve and the waiting list will decrease, but it is currently taking around 4-5 months from sleep study results to routine CPAP commencement.

Some patients are looking at alternatives for purchasing CPAP supplies. This is an individual decision. As an NHS provider, you will understand we cannot give advice on CPAP suppliers.

For those people seeking advice on CPAP prescription:

We can inform you that at the Newcastle Regional Sleep Service, we would use the following initial CPAP settings for someone with a diagnosis of Obstructive Sleep Apnoea confirmed on an overnight sleep study:

a fixed pressure CPAP device  
with a pressure of 10 cm of water,  
ramp time of 20 minutes,  
ramp start pressure of 4cmH<sub>2</sub>O.

We would discuss the most appropriate mask with the patient (full face or nasal) and would hope that CPAP suppliers would do the same.

We would adjust settings at routine CPAP review when reviewing the patient and any machine data.

Could you please be aware that whilst we will endeavour to support our patients who purchase their own CPAP machines and mask we do not have the software or resource to interrogate machines remotely or to replace masks that we do not currently stock. We also cannot be responsible for machines we have not provided.

If you require further information or support please could you contact [newcastle.sleep@nhs.net](mailto:newcastle.sleep@nhs.net) or telephone 0191 2137780.

The Sleep Apnoea Trust website is also a very helpful source of information about CPAP <https://sleep-apnoea-trust.org>

Kind regards,

Yours sincerely,