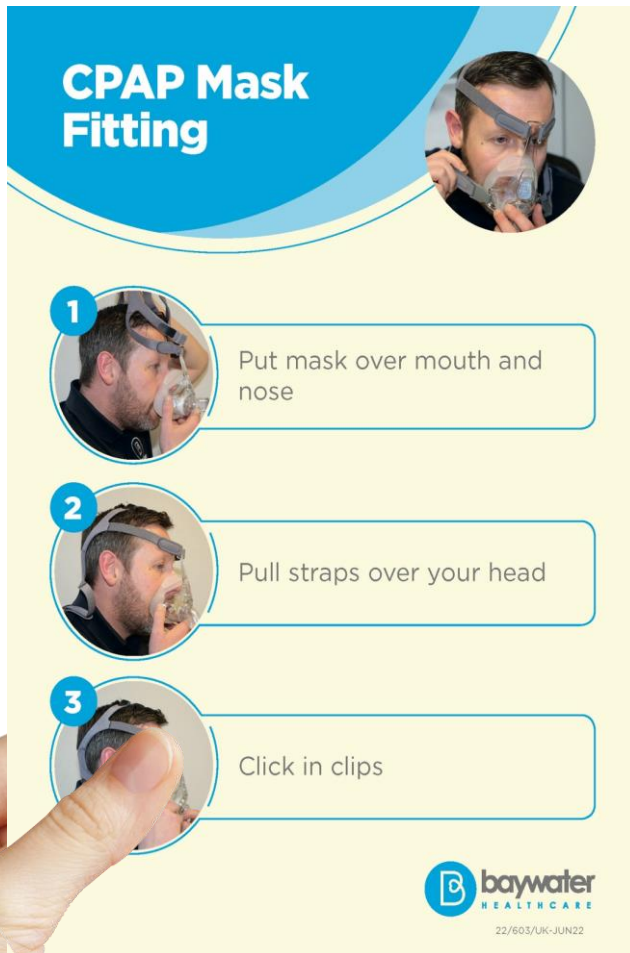


# The CPAP Sleep Apnoea Project




**CPAP Mask Fitting**

**1** Put mask over mouth and nose

**2** Pull straps over your head

**3** Click in clips

 baywater  
HEALTHCARE  
22/603/UK-JUN22

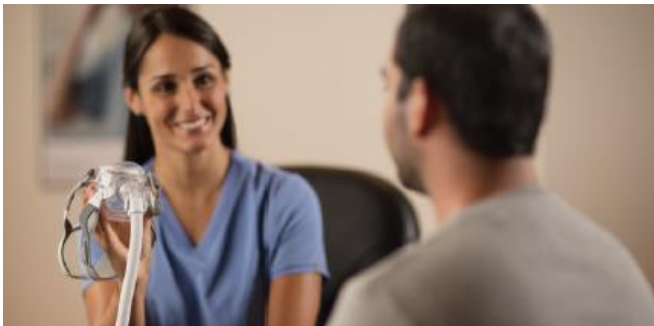
A hand is shown holding the bottom left corner of the guide. The guide features three numbered steps with circular images of a man fitting a CPAP mask. Step 1 shows the mask being placed over the mouth and nose. Step 2 shows the straps being pulled over the head. Step 3 shows the clips being clicked into place. The Baywater Healthcare logo and a reference number are at the bottom.

- Aim to develop the right kind of information about sleep apnoea and CPAP
- Understand what support people with a learning disability and autistic people may need
- Discover issues with using CPAP equipment
- Hear about problems people encounter
- Co-Produce helpful resources such as leaflets, videos, guidance

# Discover the issues



Find out issues with people using CPAP machines effectively.



We will speak to people who help with CPAP machines



We will speak to people who use CPAP machines

# Discovery



**We will find out if people have the skills and knowledge needed on CPAP machines.**



**We will speak to people who care & support people with CPAP machines**

# Co-Produce & Develop Helpful guides



**We will develop guides to help solve issues people have told us about**



**We will co-produce and involve people so the guides work for them.**

# Resources, Videos and Leaflets



**We will start to make leaflets, take pictures & videos**



**We will write CPAP machine booklets**



**We will share new videos, booklets and leaflets and ask people who have experience**

# Checking what works



We will listen to what people say



We will make sure people find them useful  
and are happy

**Want to find out more & help?**

Click on this link: <https://forms.gle/UpqfHNZ1d3mGWiFZA>

We can arrange to meet online in a group or complete a survey