

# SLEEP APNEA MACHINE BUYER'S GUIDE

**BUYING SLEEP THERAPY MACHINES  
ONLINE CAN SEEM A BIT DAUNTING, BUT  
TRUST US, YOU CAN DO THIS!**

Learn more about the different types of sleep apnea machines to determine which is the best machine for you.

## AUTO(MATIC) CPAP MACHINES

An auto-adjustable positive airway pressure (APAP) machine offers varying pressure rates throughout the night based on the lowest pressure you need at any given time.

### Best Machine If...

- You toss and turn during sleep
- Your apnea events increase during REM, and decrease during other sleep stages
- You want flexibility with pressure settings



## BIPAP MACHINES

The same pressure in and out doesn't work for all cases. Bi-level positive airway pressure (BiPAP or BPAP) machines deliver different pressure rates for inhalation and exhalation.

### Best Machine If...

- You have difficulty exhaling against the same pressure you use to inhale
- You suffer from other health issues, e.g., COPD, asthma, ALS, or Obesity Hypoventilation



## CPAP MACHINES

The most prescribed sleep apnea machine, continuous positive airway pressure (CPAP) machines deliver a steady pressure rate for both inhalation and exhalation.

### Best Machine If...

- You're just getting started with apnea therapy
- Your obstructive sleep apnea is moderate
- You have no history of lung or respiratory disease and are otherwise healthy



**WORK WITH YOUR DOCTOR TO ENSURE YOU GET A SLEEP  
APNEA MACHINE SUITED TO YOUR THERAPY NEEDS, AND  
ONE THAT PROVIDES THE RIGHT PRESSURE FOR YOU.**

