Mountaineer Home Medical

What is a BiPAP?

BiPAP (Bilevel Positive Airway Pressure) is a form of noninvasive ventilation. BiPAP has 2 different pressure sets. One pressure for breathing in (inhalation) and one pressure for breathing out (exhalation). BiPAP is an option for sleep apnea if you can't get enough oxygen while you are sleeping or if you have a high amount of carbon dioxide (CO2) in the blood.

Benefits to wearing your BiPAP

- BiPAP can **regulate carbon dioxide (CO2) in the blood**. High CO2 in the blood is hypercapnia. Hypercapnia can cause shortness of breath, increased heart rate, constant tiredness, and confusion.
- The use of BiPAP with sleep apnea has been linked to **improved life expectancy.** This is because using a BiPAP decreases the development of other life-threatening conditions.
- Sleep apnea can cause or even progress existing heart failure. This is due to the stress placed on the heart during apneic events. Using BiPAP can **improve cardiovascular health**.
- BiPAP will **improve blood pressure.** Sleep apnea puts pressure on the heart and vessels, which can increase blood pressure. Therefore, using a BiPAP can also decrease your risk of having a stroke.
- Sleep apnea can slow down your metabolism, which can cause weight gain. Using a BiPAP machine can **improve your metabolism** and **increase energy**. This makes daily exercise and lifestyle changes easier.
- Your total amount of sleep will increase because you are not taking as many pauses in your sleep. This will **decrease daytime sleepiness**.
- A common side effect of sleep apnea is morning headaches due to the periods of lack of oxygen while sleeping. The extra support BiPAP gives you while sleeping will help decrease and even **eliminate morning headaches.**
- Using a BiPAP **boosts cognitive performance** and **improves all around mental health** because of getting a better night's sleep.
- BiPAP can **help with snoring.** This is because the constant pressure given off by the BiPAP helps keep your airway open rather than the airway collapsing.