



## 구 대 림

서울의대 보라매병원 신경과

## CPAP and BiPAP titration

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Positive airway pressure (PAP) is a standard treatment for patients with sleep disordered breathing. A PAP delivery system consists of three main parts as follows: (1) a PAP device; (2) a nasal, oral, or oronasal interface; and (3) a flexible hose that connects the device to the mask. Manual pressure adjustment during attended laboratory polysomnography enables to eliminate obstructive sleep apnea hypopnea, and respiratory effort-related arousals. Positive airway pressure devices capable of manual titration are divided into two types depending on their pressure delivery system. First type is a continuous positive airway pressure (CPAP) that delivers a single, fixed pressure to the patient during the night. Second one is a bilevel positive airway pressure (BiPAP), which delivers a higher inspiratory PAP (IPAP) than expiratory PAP (EPAP). Manual titration of CPAP or BiPAP is currently the gold standard for selection of the optimal pressure for CPAP and BiPAP (IPAP/EPAP), although sleep medicine specialists are gradually becoming more accepting of the use of auto-titrating PAP. We address a comprehensive review for the major recommendations for conducting CPAP and BiPAP titration protocols in patients with obstructive sleep.

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