Sleep Central: Who We Are...

Sleep Central specializes in providing the highest quality CPAP equipment and supplies used to treat sleep apnea to patients across the United States. Through our support center, a staff of specially trained Patient Care Coordinators provides patients with customer support. Respiratory Clinicians are available to address technical questions or clinical issues. For individuals requiring face-to-face contact, Sleep Central is associated with over 400 locations across the US where patients can visit or Respiratory Clinicians are available to perform home visits.

To ensure that patients receive the ongoing support needed for success, Patient Care Coordinators contact our patients periodically to address any questions about treatment; to replenish supplies such as masks, filters, and tubing; and to monitor customer satisfaction. Our patients consistently give us excellent ratings on equipment quality, patient education, customer support, and the convenience of our program.

Sleep Central is a division of Rotech Healthcare Inc. For years, Rotech has been a national leader in providing home medical equipment, respiratory equipment and services, and respiratory (nebulizer) medications for home use through our licensed pharmacy.

More than 3,700 employees of the Rotech family of hometown companies contribute to delivering quality service and the very best in professional patient care through more than 400 locations in 48 states across the country. Professional respiratory therapists and nurses lead Sleep Central’s care-giving teams in delivering home medical products and top-notch care to our patients.

These professionals are supported by a corps of patient care coordinators, customer service representatives, delivery technicians, and many others, all committed to you, your family, and your physician in achieving a common goal - helping you lead a more comfortable and productive life, every day.

Keepin’ It Clean...

Most CPAP/BIPAP patients have more energy, increased alertness, and better sleep quality when they are compliant with their prescription.

To maximize these benefits, timely replacement of your CPAP/BIPAP supplies is essential for proper treatment. Masks, headgear and other supplies have a limited life-span and should be replaced on a regular basis. Even with routine cleaning, normal usage results in the breakdown of these supplies and may lead to problems.

Sleep Central is here to help you stay current with all your CPAP needs!
You Want Me To Wear What?

So, the day finally arrives. You have been feeling tired and the lack of energy means it takes everything you have just to stay awake. Even when you do have the opportunity to sleep late the sleepiness does not go away.

But the day is here—A fix for all of your problems! You have gone through the testing and it has been determined that you have a condition called Sleep Apnea. You say okay, great— now just get me whatever I need to get some good sleep and have a normal, productive day for a change.

Then you are given a high-tech looking air pump, and the solution to your problems is on your nightstand. The pump is going to blow a ridiculous amount of air into your nose and mouth, and this air is coming by way of a large “space mask” and tangling web of tubing.

So, good night. Sweet dreams. Yeah, right! About two seconds after wearing the mask and having the air blow your cheeks beyond the realm of possibilities you decide that this solution is just not worth the trouble.

But take it from someone who has been there and done that: it is more than worth the trouble. And before you know it, you will be sleeping soundly and waking with the energy you once had.

Remember, the sleep study test that you “suffered” through showed you have Sleep Apnea. That means your body is not being allowed to get into the deep sleep you need to really feel rested. When your body tries to get into a deeper sleep your airways become more relaxed which causes a greater blockage of oxygen to your body. Since your body is built for survival it will naturally force you to wake and take deep breaths of air.

Many times you will not even realize you are doing this because you do not fully awaken. But you will not go into a deeper sleep because your body knows you need the oxygen more than you need your sleep.

So, regardless of how many hours you spend in bed you awaken tired because you never got the deep sleep your body needs.

However, there is good news! The test you completed also showed the precise pressure it takes to keep your airway open. When your airway stays open, your oxygen stays at a healthy level, and the end result is sleep. Real sleep... Deep sleep that you need to feel rested and have the energy you crave.

So keep at it! The benefits of getting a good night’s sleep will be worth it in the end. Don’t expect to get accustomed to all this new equipment overnight, but in time you will. Even if you start with a few hours a night — that will be a few hours of deep sleep that you were not getting before.

Again, as one who has been there personally and has seen many other people overcome the initial discomfort... hang in there. It will all be worth it!

DID YOU KNOW?

According to a study from an issue of CHEST, the peer-reviewed journal of American College of Chest Physicians, (ACCP) the majority of patients with OSA were memory-impaired prior to treatment. They also demonstrated normal memory performance after three months of optimal CPAP use!

The study also showed that memory improvements varied based on the length of CPAP use. Patients who used CPAP for at least six hours a night were nearly eight times as likely to demonstrate normal memory abilities compared with those patients who used CPAP for two or fewer hours a night.

Now that’s a reason to use your CPAP every night!