The Good News Is... You Are Not Alone!

Have you ever gotten the feeling you are alone in this thing called sleep apnea? Statistically, you have a lot of company. In fact, according to the U.S. Department of Health and Human Services, more than 12 million Americans are believed to have sleep apnea. That's about one in every 20 Americans over the age of 18. [Source: National Heart Lung and Blood Institute & U.S. Census Bureau]

If you have a relative with sleep apnea, you are more likely to have it as well. Men are at a much greater risk, especially if you have a thick or large neck. Conditions that cause obstructions in the airways can increase the risk. If you are a woman who has gone through menopause, you are more likely to have sleep apnea.

Even race can be a factor—African-Americans, Hispanics, and Pacific Islanders have a greater risk of developing sleep apnea. One of the biggest factors is being overweight, but even babies and small children may have sleep apnea, sometimes caused by swollen tonsils.

If you already have sleep apnea, don’t be afraid to talk about it! You will probably find friends who share your condition, and as more and more people are diagnosed, awareness increases and treatments improve. Support from others can make the whole experience easier, so ask questions, get encouragement, discuss equipment and stay up-to-date on the latest options.

At Sleep Central, we are always ready and available to answer your questions.

Sleep Central’s Tips for Improved CPAP Therapy

Millions of people who suffer from Sleep Apnea have benefitted from CPAP therapy. For some, the therapy is difficult to get used to. For others, it becomes second nature. Either way, CPAP therapy can be extremely effective in reducing snoring, eliminating most apneas, and allows for the healthy restorative sleep your body needs!

Whether you are new to the therapy or have been on a CPAP for years, there are a few simple but important issues to consider in maintaining or improving your CPAP therapy.

One of the easiest but most important things you can do is clean and inspect your CPAP supplies daily.

Cleaning your mask takes only a few minutes each day. It’s best if you can clean your mask in the morning when you

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wake up, or any time you have had it on your face for an extended period of time. Simply removing the oils your face left on the mask will make a big difference in the life and the effectiveness of that mask. Clean out your tubing daily. Simply hold the tubing in a u-shape and pour in some warm soapy water. Lifting and lowering each end of the tubing will get the soapy water moving around the entire length of the tube, thoroughly cleaning the inside.

Use those filters. Don’t use a CPAP machine without the filters. Filters play an important role in maintaining the life of your CPAP machine. Most machines have two types of filters, foam and ultrafine, and you should use them both. The foam is used to filter out large dust particles. Small particles can get through the foam filter, however, and these will be trapped by the ultra-fine filter. Using clean filters means whenever you take a breath, you will be receiving good clean air. If you are unsure, check your CPAP machine’s handbook or call Sleep Central for information on the filters your machine uses.

TIP OF THE MONTH!

Need another reason to drop some pounds? Losing as little as 10% of your weight can reduce your Sleep Apnea risk.

Some patients with diagnosed sleep apnea have even been able to discontinue CPAP therapy (with a doctor’s approval). A reduction in neck size will often open the airways, allowing for better airflow.

Order your supplies at the frequency recommended by your insurance guidelines. This will help you get the best therapy possible!

The supplies are made from a durable material, however, over time that material will break down. Once your supplies start breaking down, your therapy will not be as effective.

Take charge of your therapy. If it feels like your CPAP therapy isn’t working or isn’t working like it used to, do something about it!

Perhaps your supplies are worn out and need to be replaced, or it could be possible your physical needs have changed. Whatever the reason, you can always call Sleep Central where we have Respiratory Clinicians on staff 24 hours a day!

Respiratory Clinicians Are Just a Phone Call Away...

Did you know that Sleep Central has a Respiratory Clinician on staff 24 hours a day? Many times, issues with CPAPs and BiPAPs come up just as you are ready to go to sleep, and sometimes in the middle of the night. We want you to know that we’re here for you! Simply call Sleep Central’s toll-free number 1-800-288-1853 and hold through the recording. You will be connected to one of our clinicians... it’s that simple! We hope you never have a problem, but if you do, we’re here to help.