

SLEEP HYGIENE

- Avoid napping during the day. It can disturb the normal pattern of sleep and wakefulness.
- Avoid stimulants such as caffeine, nicotine, and alcohol too close to bedtime. While alcohol is well known to speed the onset of sleep, it disrupts sleep quality as the body begins to metabolize the alcohol, causing arousal.
- Exercise can promote good sleep. Vigorous exercise should be performed in the morning or late afternoon. A relaxing exercise, like yoga, can be done before bed to help initiate a restful night's sleep.
- AVOID HAVING LARGE MEALS close to bedtime. Dietary changes can also cause sleep problems. And remember, chocolate has caffeine.
- Ensure adequate exposure to natural light. Light exposure helps maintain a healthy sleep-wake cycle.
- Establish a regular, relaxing bedtime routine. Try to avoid emotionally upsetting conversations and activities before trying to go to sleep. Don't dwell on, or bring your problems to bed.
- Associate your bed with sleep. It's not a good idea to use your bed to watch TV, listen to the radio, or read.

ABOUT CPAP

CPAP, or Continuous Positive Airway Pressure, is the most common method used to treat sleep apnea. CPAP therapy devices deliver a silent, peaceful night through masks that are properly fitted to your face.

USING YOUR EQUIPMENT

- When selecting a mask, be sure that it does not pinch your nostrils.
- Any headgear you use should be fastened securely but not too tight. Make sure no air is leaking from your mask.
- Remove your mask by pulling it over your head.

CPAP CLEANING INSTRUCTIONS

- **Every Morning:** Wipe your mask with a clean damp cloth. This will help protect the surface of the mask from natural oils.
- **Weekly:** Remove mask from headgear, remove hose and humidifier pot from your CPAP machine. Fill a small sink, tub, or basin with warm water. Add a small amount of gentle dish soap. Submerge the mask, tubing, and humidifier in the warm soapy water. Allow it to soak for a short period of time (about 10-15 minutes). Alternatively, wipe out the mask with a soft cloth and warm water, and swish soapy water through the tubing. Allow everything to air dry on a towel. Hanging your hose will allow for faster drying. If water remains in your hose, simply attach to CPAP Machine and turn it on to force remaining water out.
- Remember to only put distilled water in the humidifier. If you do not, there is an increased risk of illness as well as the probability of hard minerals building up on your equipment. Cleaning your CPAP equipment is important to prevent the growth of bacteria, and will help you extend the life of your equipment.



SLEEP APNEA Information Guide

www.sleepyeti.com

SLEEP APNEA

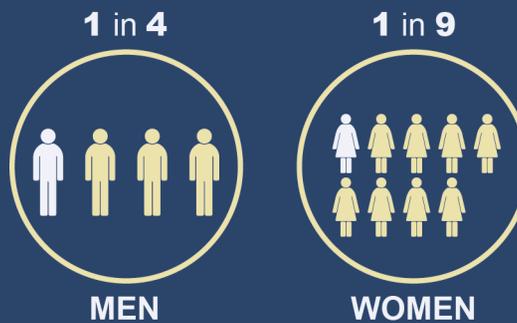
Obstructive Sleep Apnea is the most common form of sleep disordered breathing and occurs when the upper airway is temporarily blocked during sleep, preventing air from entering the lungs. This results in shallow breathing or pauses called apneas or apnea events. This condition disrupts sleep, causing patients to move out of a deep restful stage and in some cases, wake up.

Signs and Symptoms

- High blood pressure
- Irritability
- Snoring
- Gasping/choking while sleeping
- Daytime fatigue
- Depression
- Poor concentration

Left untreated you are at an increased risk for:

- High blood pressure
- Heart disease
- Irregular heart beat
- Stroke
- Weight gain
- Diabetes
- Deteriorating memory and concentration



2 - 3% of children have Sleep Apnea and only 20% of them are snorers

80 - 90% of people don't even know they have Sleep Apnea

HIGH RISK GROUPS:

- ▶ **Overweight - BMI over 25**
- ▶ **Ethnic Minorities**
- ▶ **Smokers**
- ▶ **Family members with Sleep Apnea**

Celebrities with Sleep Apnea

- Rosie O'Donnell
- Shaquille O'neal
- Randy Jackson
- Larry the Cable Guy
- Roseanne Barr
- Regis Philbin
- Quincy Jones