

## How to Improve Sleep Quality

### Sleep Hygiene:

- Avoid caffeinated beverages before bedtime.
- Exercise regularly, but avoid exercising immediately before bedtime.
- Avoid heavy meals prior to bedtime.
- Go to bed at the same time each night.
- Sleep in a dark, quiet room.
- Bedrooms are for sleeping - remove phones, televisions and other electronics.
- Keep your bedroom at a comfortable temperature.

### Your CPAP maintenance schedule:

#### CPAP MACHINE

Cleaning: Wipe down your CPAP machine at least once a week.

Replacing: After 5 years, we will perform an assessment of your machine's performance.

#### CPAP HUMIDIFIER

Cleaning: Empty and rinse water chamber after each use. Wash and clean at least once a week.

Replacing: Replace your water chamber every 6 to 12 months.

#### CPAP MASK

Cleaning: Wash the cushion daily with warm and soapy water and leave to dry. Wash the other parts of your mask weekly.

Replacing: Replace your mask every 6 to 12 months.

#### CPAP FILTER

Cleaning: Wash weekly, only if you are using a re-usable filter.

Replacing: Replace your filter every 1 to 3 months.

## Frequently Asked Questions

### Q: How common is OSA?

A: Approximately 5% of men and 3% of women have OSA.

### Q: Will losing weight help OSA?

A: If being overweight is a contributing factor to the person's OSA, weight loss should be included in the treatment plan.

### Q: How do we know if CPAP is working?

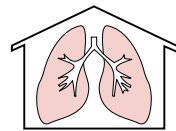
A: CPAP users should notice an improvement in their quality of sleep and energy levels; snoring should diminish and their breathing pattern will normalize.

### Q: Does CPAP have to be used forever?

A: CPAP is a treatment for OSA, not a cure. Therefore, it must be worn every night to be effective.

### Q: Is CPAP covered by provincial health plans?

A: Funding for CPAP is available to those who qualify via the 'Special Assistance Program' of the Newfoundland and Labrador Department of Health and Community Services.



Respiratory  
Therapy  
Specialists Inc.



### St. John's Clinic:

51 Pippy Place, St John's, NL A1B 4H8  
Tel: (709) 579-3749 | Fax: (709) 754-0894  
Toll Free: 1 877 420-0202

### Corner Brook Clinic:

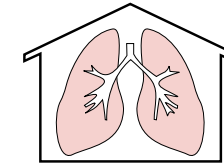
17 Main Street, Corner Brook, NL A2H 1C2  
Tel: (709) 632-2693 | Fax: (709) 632-2694  
Toll Free: 1 877-424-0202

### Gander Clinic:

115B Roe Avenue, PO Box 402, Gander, NL A1V 1X5  
Tel: (709) 256-2693 | Fax: (709) 256-2392  
Toll Free: 1 877 423-0202

### Spaniard's Bay:

49 Conception Bay Hwy, Spaniard's Bay, NL A0A 3X0  
Tel: (709) 786-4991 | Fax: (709) 786-4992  
Toll Free: 1 877 420-0202



Respiratory  
Therapy  
Specialists Inc.

## For Our Sleep Apnea Clients



## Respiratory Therapy Specialists

Proudly providing quality respiratory home care services to Atlantic Canada since 1992, at Respiratory Therapy Specialists (RTS) we strive to deliver exceptional customer service and the most comprehensive clinical follow-up program available.

## Obstructive Sleep Apnea (OSA)

Obstructive Sleep Apnea (OSA) is a serious, potentially life-threatening condition that occurs when a person repeatedly stops breathing during sleep due to a collapse in the airway.

OSA occurs for a number of reasons. Sometimes the cause is unknown, or it may be due to a combination of factors. Common causes of OSA:

- Weight gain/obesity
- Decreased muscle tone
- Physical makeup of the airway
- Alcohol and sedative use (in certain people)



Normal Breathing Pathway



Blocked Breathing Pathway

## OSA Symptoms

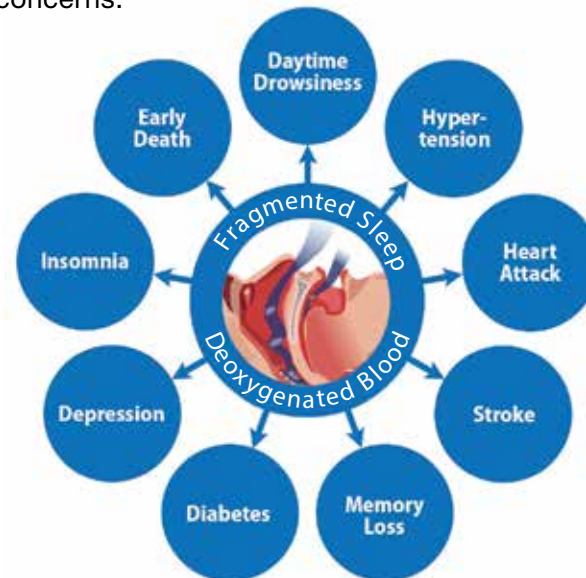
Some common symptoms include:

- Snoring
- Gasping or choking at night
- Excessive daytime sleepiness
- Drowsiness while driving
- Overweight / Obese
- Restless sleep
- Poor concentration / Memory
- High blood pressure

If more than one of the above symptoms are present, clients should discuss screening for OSA with their physician.

## Associated Health Risks

If left undiagnosed and untreated, over time, OSA may potentially result in the following health concerns:



## Diagnosing OSA

The diagnosis of OSA can be confirmed at RTS with a sleep study, which is completed in the comfort of the client's own home. With a short office appointment, our qualified Respiratory Therapists will demonstrate the simple set-up of the portable sleep monitor.

**In order to better serve you, Respiratory Therapy Specialists does not charge for overnight sleep testing.**

## CPAP Therapy

The most common and successful treatment for those with OSA is Continuous Positive Airway Pressure (CPAP). CPAP works by blowing pressurized and often humidified air through a special mask worn on the face, which keeps the airway open during sleep.

Success with CPAP therapy depends in part on having the appropriate equipment. At RTS we offer a wide range of CPAP machines, each designed to meet specific needs of our clients. We also offer a wide variety of masks and accessories. As client comfort is our primary goal, we choose products featuring the latest technology; therefore our clients can rest assured they will be receiving the most comfortable and advanced treatment for their condition.