



# Rediscover **dreams**

# Sleep better at night. Be more productive during the day.

It's time to **live the life** you want.

Sleep apnea can be a confusing and deeply unsettling condition – but you're not alone.

We've created this resource to answer your questions, help you understand sleep apnea, and help you rediscover your dreams.

In addition to this comprehensive guide, you can find more useful information at:

[www.sleepapnea.com](http://www.sleepapnea.com)

## Common **signs** of sleep apnea<sup>1</sup>

### Daytime symptoms



Falling asleep during routine activities



Early morning headaches



Daytime sleepiness



Poor concentration



Irritability

### Nighttime symptoms



Witnessed pauses in breathing



Loud persistent snoring



Choking or gasping for air



Restless sleep



Frequent visits to the bathroom

People suffering from sleep apnea are often not aware that they have the condition. Identifying that they have one or more of the following symptoms will usually be the trigger for a person to visit their doctor.<sup>1</sup>

If you are displaying more than one of these symptoms, shown on the left, please discuss them with your doctor.

Finding out that you may have sleep apnea often leads to a number of questions.

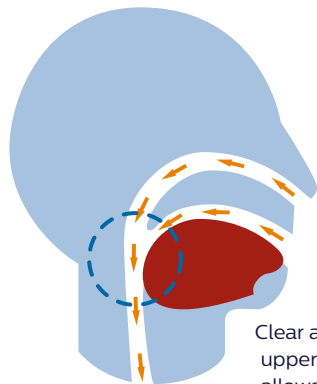
This guide provides information for you to discuss with your doctor.

<sup>1</sup> Source: National Heart, Lung, and Blood Institute, National Institutes of Health.

# What is sleep apnea and what are the potential risks?<sup>1</sup>

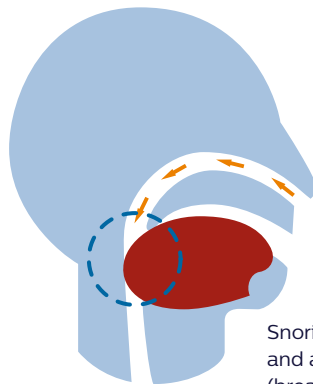
People with sleep apnea stop breathing repeatedly during sleep because their airways collapse, disrupting their sleep. This is often an exhausting experience and can be extremely frightening for their bed partner.

Opened upper airway



Clear and open upper airway allows air to flow freely to and from the lungs.

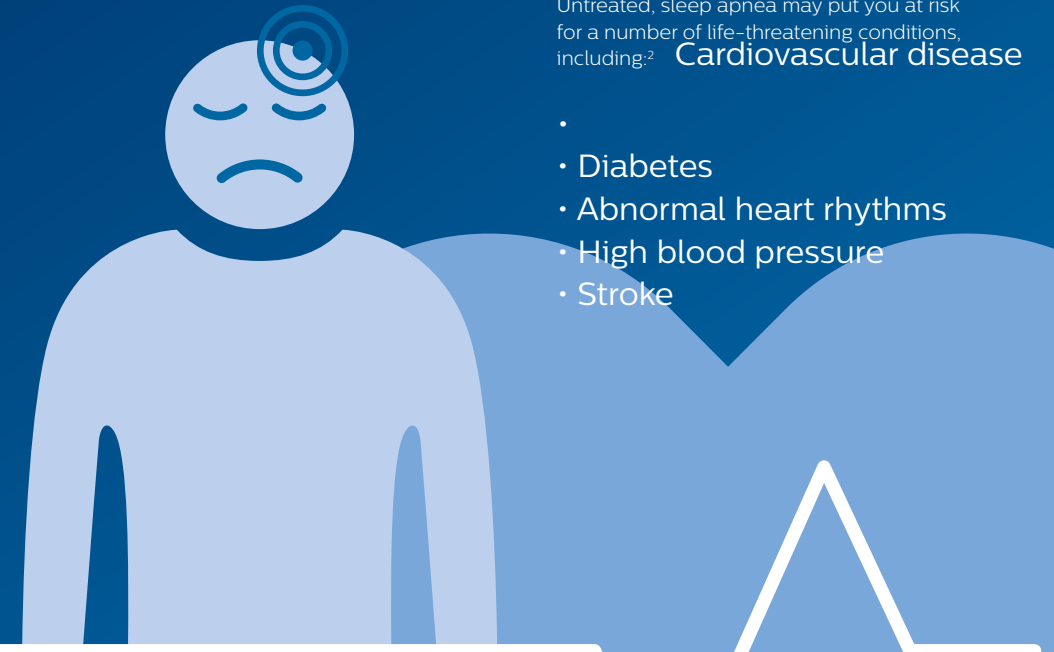
Closed upper airway



Snoring and apneas (breathing pauses) occur when the upper airway collapses.

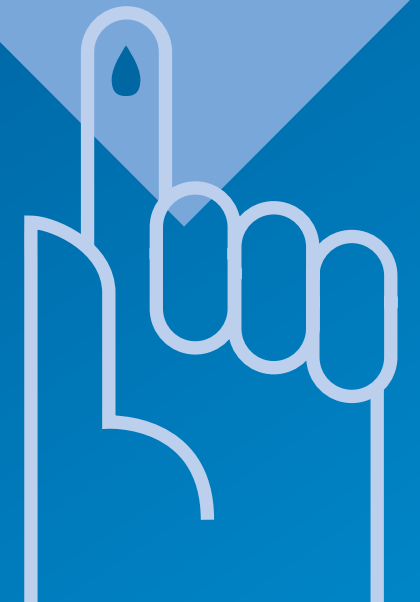
Untreated, sleep apnea may put you at risk for a number of life-threatening conditions, including:<sup>2</sup> **Cardiovascular disease**

- Diabetes
- Abnormal heart rhythms
- High blood pressure
- Stroke



Some simple measures can help in treating sleep apnea, such as:<sup>1</sup> **Weight loss**

- Avoiding alcohol in the evening
- Sleeping on your side



1. Source: National Heart, Lung, and Blood Institute, National Institutes of Health.  
2. Brill, Anne-Kathrin, How to Avoid Interface Problems in Acute Noninvasive Ventilation, *Breathe*, September 2014, Vol. 10, No. 3, 231 - 242.

# How will you be diagnosed?

The first step is visiting your doctor, who will ask a simple series of questions to determine your risk. If your doctor believes that you may be suffering from sleep apnea, they will refer you to a sleep specialist for more tests.

## What happens at the sleep specialist?

Like your doctor, the sleep specialist will ask you a series of simple questions to determine the likelihood of you suffering from sleep apnea. They will also use a number of simple screening devices to establish whether an overnight sleep study is required.



## Why does this need to be done overnight?

Your sleep specialist may recommend a polysomnogram (PSG) or a home-based portable monitor.<sup>1</sup> Sleep studies are the most accurate tests for diagnosing sleep apnea.

## What happens if I am diagnosed with sleep apnea?

Don't worry, you're not alone. Some simple measures can help treat sleep apnea, including weight loss, avoiding alcohol in the evening and sleeping on your side. Your sleep specialist may also prescribe PAP, which can limit the potential risk of d  
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# Take the sleep apnea symptoms quiz<sup>3</sup>

Find out if you are at risk. Visit [sleepapnea.com](http://sleepapnea.com), select your country at the bottom of the page, take the symptoms quiz, and share the results with your doctor to discuss your options.

[www.sleepapnea.com](http://www.sleepapnea.com)

1. Source: National Heart, Lung, and Blood Institute, National Institutes of Health.

3. STOP-Bang Questionnaire, Proprietary to University Health Network



# What you need to know about **treatment**

CPAP (continuous positive airway pressure) therapy is an effective treatment for sleep apnea. It prevents the upper airway from collapsing during sleep by providing a gentle flow of air through the upper airway, allowing you to breath freely. There are four core components to PAP therapy:<sup>1</sup>



## **The device**

A CPAP device is the most commonly used treatment for sleep apnea.<sup>1</sup> CPAP provides a continuous stream of air to keep your upper airway open. Tubing is used to carry the air from the therapy device to the mask.

## **The humidifier**

A humidifier can be added to the device to add moisture to the air that is being delivered to you from the therapy device. By doing this, the humidifier can help reduce some of the side effects of therapy, such as nasal irritation and upper airway dryness.<sup>1</sup>



## **The mask**

A comfortable, well fitted mask is a key factor in being able to use your treatment daily.

There are a number of different options available to suit differing needs. Once you have found a mask that works for you, it is important to maintain it properly. Inspect your mask often for wear and tear, and when you think it is ready for replacement, contact your sleep specialist.

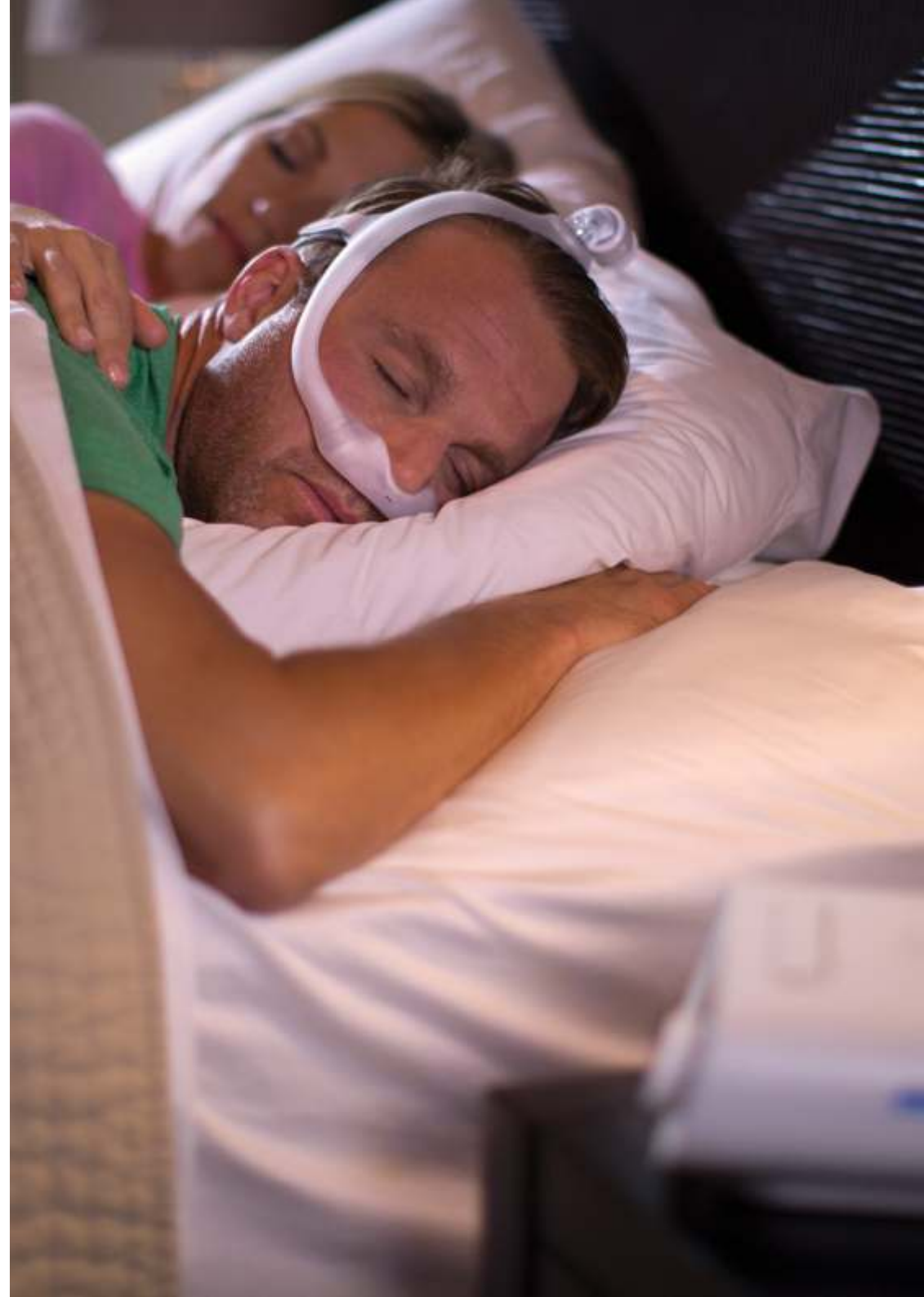
Find the mask that will be suitable for you at [www.sleepapnea.com](http://www.sleepapnea.com)



## **Therapy follow-up**

The most important aspect of your treatment is therapy follow-up. All modern devices have built in data management systems that record how often the device is being used and the effectiveness during this usage. This allows your sleep specialist to better understand the progression of your treatment.

Some of the latest devices will communicate automatically with your sleep specialist, using your home internet connection, helping to reduce the number of appointments needed.



<sup>1</sup>. Source: National Heart, Lung, and Blood Institute, National Institutes of Health.

# Not all technology **cares** like ours

Each of our masks is designed to help you succeed through a combination of unique features and technologies. We realize it's important that the mask you choose should deliver as normal and natural experience as possible. It's important to choose a CPAP face mask that effectively treats your individual sleep apnea while maximizing your comfort. Here we discuss a variety of mask options.



## Pillow masks

A good solution if you feel claustrophobic in masks that cover a lot of your face, or if you have a deviated septum and/or facial hair.



## Nasal masks

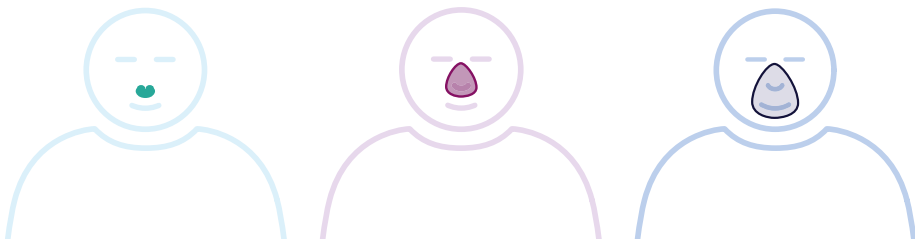
Generally offered as the first option, nasal masks are generally smaller and lighter than full face masks. If higher air pressure is needed, nasal masks could provide better nostril comfort than pillow masks.<sup>2</sup>



## Full face masks

Ideal if you suffer from nasal obstruction or frequent congestion from allergies or cold symptoms. It's also suitable if you continue to breathe through your mouth at night despite trying the combination of a nasal or pillow mask with a heated humidity feature or chin strap.<sup>2</sup>

2. Brill, Anne-Kathrin, How to Avoid Interface Problems in Acute Noninvasive Ventilation, Breathe, September 2014, Vol 10, No 3, 231 - 242.



# Choosing the mask that is **right for you**

It's important to choose a CPAP mask that effectively treats your individual sleep apnea while maximizing your comfort.

Talk to your doctor about your unique needs and to determine your ideal mask.

Select the points below that most closely apply to you to determine your ideal fit.

During sleep, I typically:

- Breathe through my **mouth**
- Breathe through my **mouth**, and value an open field of vision
- Breathe through my **nose**, and value comfort and freedom of movement
- Breathe through my **nose**, and value comfort and stability
- Breathe through my **nose**, and value comfort and familiarity
- Breathe through my **nose**, and value minimal face contact

### A gel full face mask may be right for you.

Amara Gel is our smallest and lightest gel full face mask. Advanced gel technology is softer, supporting comfort, helping people get the sleep they deserve.

### An under-the-nose placement full face mask may be right for you.

The Amara View full face mask features a minimalist under-the-nose placement. It is the only full face mask designed to not cause red marks on the bridge of your nose.

### An under-the-nose nasal mask may be right for you.

DreamWear gives you the ability to choose your most comfortable sleep position, and is designed to improve your sleep therapy experience.

### The TrueBlue gel nasal mask with Auto Seal technology may be right for you.

The True Blue mask is designed to deliver a high degree of comfort, stability, with minimal adjustments.

### A nasal mask may be right for you.

Wisp features a unique, compact design created for comfort and minimal facial contact, featuring a "tip-of-the-nose" cushion that sits below the bridge of your nose.

### A pillow mask may be right for you.

Nuance is the first and only minimal contact mask with the sealing power and comfort of a gel pillows platform. Nuance was designed to provide a less invasive, comfortable sleep.

