



PETERSEN MEDICAL
MAKES SLEEP EASY





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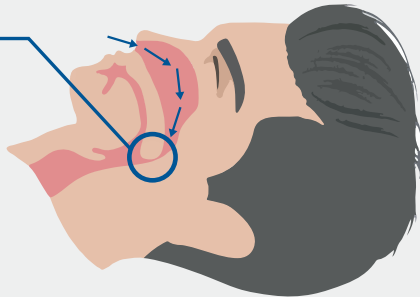


WHAT IS SLEEP APNEA?

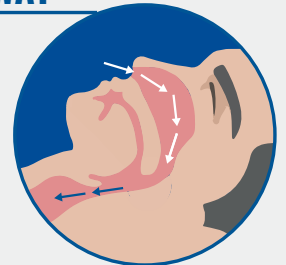
It's a common sleep disorder characterized by repeated interruptions in breathing throughout the sleep cycle. These interruptions, called apneas, are caused by the collapse of soft tissue in the airway, which prevents oxygen from reaching the lungs.

OBSTRUCTED AIRWAY

Weak muscles in the airway, a large tongue, obesity and other factors may cause airway tissue to collapse and obstruct breathing.

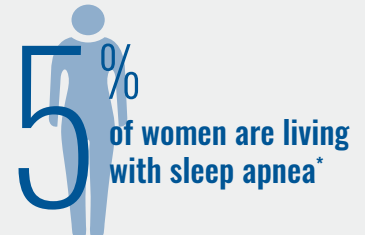


NORMAL AIRWAY



WHO HAS SLEEP APNEA?

THE FIRST THING TO KNOW ABOUT SLEEP APNEA IS THAT YOU ARE NOT ALONE.



*According to the American Academy of Sleep Medicine Frost and Sullivan report from 2016, approximately 12% of Americans, at least 29.4 million adults in the U.S., suffer from obstructive sleep apnea. and 80% of them go undiagnosed.

THE RISKS OF UNTREATED SLEEP APNEA?

Congratulations to you for taking the first step – getting the right diagnosis.

That's significant because sleep apnea is a serious condition. In addition to leaving you feeling excessively tired during the day, it can cause morning headaches, irritability and depression. It has also been associated with a number of other significant medical conditions* including:



High blood pressure



Heart disease/
heart attack



Type 2 diabetes



Irregular heartbeat



Stroke



Driving- and work-
related accidents

*Mayo Clinic, "Sleep Apnea Complications," August 2015. <http://www.mayoclinic.org/diseases-conditions/sleep-apnea/basics/complications/con-20020286>

COMMON SYMPTOMS OF SLEEP APNEA

- Excessive daytime sleepiness
- Loud disruptive snoring
- Stopping breathing during sleep
- Poor concentration
- Forgetfulness
- Morning headaches
- Depression
- Frequent Urination
- Night sweats
- Weight problems
- High blood pressure





THE BENEFITS OF CPAP THERAPY

CPAP therapy is a noninvasive, highly effective treatment that gently blows air into your nose and/or mouth to prevent your airway from collapsing while you sleep.

By taking your therapy to heart and wearing the system every night, you can see a dramatic improvement in daily life and your overall well-being. Some of the benefits of treatment* include:

- Daytime alertness
- Increased concentration
- Emotional stability
- Limited snoring
- Reduced medical expenses
- Safer driving



The key to realizing these benefits is staying committed to your treatment every single night. Over time, you will learn to adjust to treatment, wearing the mask longer and longer until you sleep with it through the whole night.

You have been experiencing difficulty sleeping. You may be snoring loudly, or you may be gasping or choking at night. In addition, you may be excessively tired during the day, have morning headaches and be depressed or irritable. After consulting with your doctor—and with the help of a sleep lab— you have been diagnosed with obstructive sleep apnea.

Your doctor has prescribed continuous positive airway pressure (CPAP) therapy for you. CPAP therapy gently blows air into your nose and/or mouth to prevent your airway from collapsing. It is a noninvasive treatment.

CARING FOR EQUIPMENT



ResMed Air Mini



ResMed AirSense



Respironics DreamStation

DAILY CARE OF EQUIPMENT:

- Remove the mask/nasal pillows from the headgear. Clean with warm, soapy water; rinse and let air dry. For a more convenient experience, you may purchase CPAP wipes or a cleaning system from Petersen Medical.
- Never use alcohol on the mask or nasal pillows.
- Wash tubing in warm, soapy water, then rinse and hang dry.
- Empty the humidifier and let it dry.
- Change the water in the humidifier every day.
- Always use distilled water in the humidifier to avoid mineral deposit build-up.
- Clean the humidifier chamber frequently to prevent mold growth. (Straight white vinegar may be used to clean humidifiers of deposits. Be sure to thoroughly rinse with distilled or sterile water prior to the use of the humidifier).
- Caution: Do not place the humidifier or the mask into the dishwasher for cleaning.

WEEKLY CARE:

- For Respironics DreamStation units, clean the dark blue filter with warm, soapy water. Rinse, then allow to air dry and reinstall.
- For Respironics Dream Station units, do not rinse/wash the light-blue filter. For the ResMed AirSense, do not wash the white filters. They are disposable only.
- Wash headgear with warm, soapy water; rinse and let air dry. Headgear is machine washable, but it is best to wash it by hand.
- Wipe the machine off with a soft, damp cloth.

REGULAR CARE:

- For Respironics DreamStation units replace dark blue filter every 1-2 months
- For AirSense and DreamStation replace the disposable filter every two weeks
- Mask - Every 3 months
- Headgear / Chin Strap - Every 6 months
- Water Chamber - Every 6 months
- Cushion / Pillows - Every 2 weeks
- Tubing - Every 3 months
- CPAP Device - Every 3 to 7 years

IN CASE OF BREAKAGE

We have loaner machines and can also address warranty returns. Please contact your local Petersen Medical office.

MASK TIPS

It is vitally important to find a mask that fits properly and is comfortable to wear. Here are a few tips to find the right mask for you:

1. A nasal mask that covers your nose is most commonly used. But if you breathe through your mouth when you sleep, a full-face mask that covers both the nose and mouth may be a better option.
2. The smallest mask size that fits but does not pinch the nostrils should be used.
3. The mask should be fitted while you are in a sleeping/reclined position and with air blowing at the prescribed pressure through the tubing and mask.
4. Headgear should be secure but not too tight. If your mask has a forehead arm or adjustment feature, adjust that first. Adjust straps to minimize air leaks, especially into the eyes.
5. The cushion should not be crushed against the face.
6. Tight fit is not necessary for effective therapy. By tightening, folds are created in the material, creating a path for leaks. Try loosening the mask if leaks are present.
7. Mark the headgear straps with permanent marker to remember where they should be fastened.
8. Remove the mask by pulling it over your head or use the quick-release clip.
9. Do not block the exhalation port between the mask and the connecting tubing from the device.
10. You may want to consider looping the tubing over the headboard to reduce the pull on the mask.
11. If you use a full-face mask and wear dentures, remember that if your mask was fitted with your dentures in, your mask may not fit properly if worn without your dentures.



WHAT TO EXPECT AT PETERSEN MEDICAL

- Initial 24-hour follow-up call — 15 day follow-up email
31 day therapy assessment
- Follow up calls/appointments if needed
- 30-90 day compliance with progress report sent to physician
- Mask fit guarantee
- Mask, tubing and filter replacement program
- In-home, in-office and remote after hour set-ups available
- Ongoing patient support for compliance and efficacy
- Overnight oximetries available upon request
- 24-hour on-call support

ORDERING SLEEP SUPPLIES

Your CPAP's accessory equipment is a lot like other frequently used health products, such as your toothbrush or a razor: it deteriorates, ceases to function optimally, and can get germmy and unsanitary.

It's important to replace your CPAP equipment to make sure your machine is as clean, effective, and comfortable as possible. However, unlike a toothbrush, the CPAP equipment may not look worn even though it needs to be replaced. That's why it's important to change your equipment following a schedule:

- Mask - Every 3 months
- Headgear / Chin Strap - Every 6 months
- Tubing - Every 3 months
- CPAP Device - Every 3 to 7 years
- Cushion / Pillows - Every 2 weeks
- Filters - Every 2 weeks
- Water Chamber - Every 6 months



PETERSEN MEDICAL MAKES IT EASY

You can place an order for new supplies at any time by calling 1-800-888-5137. To make it even easier, a Petersen Medical customer service associate will reach out to you every three months to make sure you have the right products and insurance authorization.



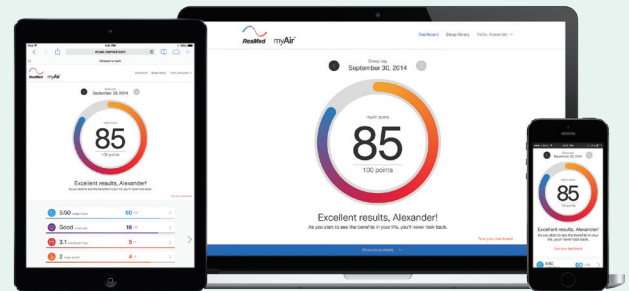
TAKE CHARGE OF YOUR SLEEP WITH **DIAGNOSTICS**

DreamMapper and MyAir are mobile and web applications that keeps you actively informed about your previous night's therapy—including information like mask fit and therapy hours—so you know you are getting what's needed for the great night's sleep you deserve.

- Delivers daily feedback on your progress.
- Set and track custom goals, and unlock achievements.
- Provides coaching, advice and informational videos to help you stay motivated.
- Allows you to set reminders to clean or replace equipment.

GET STARTED

If you have a Respirationics solution, simply download DreamMapper to your mobile device, or access it via your computer at **PHILIPS.COM/MYDREAMMAPPER**. For ResMed devices download MyAir or create an account on your computer at **MYAIR.RESMED.COM**



QUESTION/PROBLEM

SOLUTION

When should I start feeling better after beginning to use my CPAP device?

- Patients can begin feeling better within two to four weeks, though some people may take longer.

How often will I need to use my treatment?

- You will need to use your treatment every night of the week while you sleep. If you do not, you will return to our previous level of snoring, sleep apnea, and daytime sleepiness.

I have a mustache or a beard. Which mask is best to use?

- Ask Petersen Medical which mask will work best for you.

What if I snore while using the CPAP device?

- Snoring while on CPAP should not occur. If it does, contact your doctor. Your pressure level may need to be adjusted.

As I continue to use my CPAP device on a regular basis, will my medications need to be adjusted?

- Yes. Also, if you are having surgery, it is important to tell the surgeon and the anesthesiologist that you are using CPAP at home. You should also inform the doctor treating you for sleep apnea that you are going to the hospital.

I travel frequently. Should I use my CPAP device when I travel?

- It is important you use your CPAP every night. Purchasing travel accessories will make it more convenient for you to travel with your CPAP.
- Because of increased security measures at airports, it may be easier to travel if you have a copy of your prescription for your CPAP machine with you. It also is suggested that you call your airline ahead of time and ask if there is a special screening procedure required to carry on or check your CPAP device.

My skin seems irritated, even bruised, or I have marks on my face.

- Your mask may be too tight. If your mask has a forehead arm or adjustment feature, try readjusting that first. Then, if necessary, readjust the headgear straps.

How can I tell when my mask is worn out?

- Masks are disposable. Periodic replacement is needed when the mask shows sign of wear and tear.
- Inspect your mask for stiffness, cracks, or tears.

My mask seems to be leaking.

- It is normal for a mask to leak near the connection of the tubing. If a mask leak is occurring around your eyes or mouth, follow these steps to fix it:
- Check all the connections.
 - If your mask has a forehead arm or adjustment feature, try readjusting that first to correct the leak.
 - If there is no improvement with the above steps, readjust the headgear straps. The mask should be as loose as possible while still creating a seal. A mask that is too tight against the face can cause leaks to occur by creating folds in the material.
 - Contact Petersen Medical to see if you are eligible for a new mask.

My mask seems to be dirty.

- Wash your mask daily.
- Wash your face nightly before putting on the mask.
- Avoid using skin lotions before putting on your mask.

Will the pressure on my device ever need adjustment?

- If you are using CPAP or bilevel therapy, the pressure will remain set at levels that suit your requirements. Sometimes, however, there is a need for fine-tuning or adjustment to pressure levels (for example, if you lose or gain weight). If you find your pressure difficult to tolerate, it might be lowered slightly for a short time at the beginning of therapy at the discretion of your doctor or sleep physician.

QUESTION/PROBLEM

SOLUTION

It doesn't seem as if enough air is flowing to me.

- Check that air from the machine is blowing.
- Check the air inlet and filter for obstruction or dust buildup.
- Check the hose for punctures.
- If you are still having problems, check with your homecare provider or doctor for assistance.

My nose and throat are dry, my nose is congested, or I have nosebleeds.

- You may change the temperature setting on the humidifier if you are using a heated humidifier.
- This condition may improve over time.
- Consult your doctor if symptoms persist.

My mouth is dry.

- You may be sleeping with your mouth open. Try a chin strap.
- If a chin strap is not helpful, a full-face mask may be considered.
- Try changing the temperature setting on the humidifier.

My eyes are sore, dry, irritated, or swollen.

- The mask may be leaking into your eyes. Use the forehead adjuster, if applicable, to reduce leaks. Try pulling the mask away from your face and repositioning it.
- The mask may be too tight. Readjust headgear straps.

My hose fills up with water at night.

- Condensation builds up because the air in the room may be cooler than the air coming from the machine. To prevent this condensation from forming, try placing the tubing under the covers to warm it. Try increasing the temperature setting. If this doesn't work, contact Petersen Medical.

I have trouble falling asleep on my therapy or I feel uncomfortable when I first apply the air pressure at night.

- Increase your ramp time, and if this does not work, contact Petersen Medical to see if we can adjust the starting pressure.

I feel gassy and bloated when I wake up in the morning.

- Try sleeping with your head elevated.
- Try using a chin strap to prevent mouth breathing.
- This condition may improve over time.
- You may benefit from a comfort feature, such as flex pressure relief technology or auto-adjust bi-level therapy, which may lower the risk of that gassy or bloated feeling.

It is hard to breathe out against the constant air flow.

- This sensation may improve over time as you adapt to positive airway pressure therapy.
- Ask your physician about comfort features, such as pressure relief technology or bi-level therapy, which makes it easier to breathe out against pressure.

My machine does not seem to be working.

- Check the power cord to be sure it is firmly inserted into the back of the machine and the electrical outlet.
- Contact Petersen Medical if you have any problems you are unable to correct; do not attempt to repair the blower unit yourself.

I just can't seem to adjust to using CPAP.

- Most people will adjust to CPAP in two to four weeks. Occasionally, it may take a little longer due to changing your behavior and becoming comfortable with the device while you sleep. Or readjusting your body to having a normal sleep pattern versus your previous pattern.
- Call Petersen Medical or prescribing physician if you are having problems adjusting to the treatment.
- Ask Petersen Medical or doctor if you are eligible to try bi-level or auto-CPAP therapy, which are available.
- Attending a patient support group, such as A.W.A.K.E (Alert, Well, And Keeping Energetic), may provide helpful information to improve your CPAP comfort and use. A.W.A.K.E groups can be found by calling the American Sleep Apnea Association 1.888.293.3659 or at 1.202.293.3650 or by visiting www.sleepapnea.com.



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