



ALL THINGS

AEROFLOW  SLEEP

NEWSLETTER

Sleep Well. Live Better. Spread Love.

This Valentine's Day, Aeroflow Sleep is excited to spread the love, because for the first time ever, our newsletter subscribers are being included in a giveaway!

That's right; if you've ordered PAP supplies from us, we are giving away a mini "bedroom makeover" to one lucky Facebook reviewer between now and February 14th.

The winner will receive a Brooklinen sheet set (including top sheet, fitted sheet, and 2 pillowcases,) a HoMedics white noise machine, and 30 servings of beam's sleepy-time hot cocoa, Dream. To enter, click below and...

[WRITE A REVIEW](#)

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CURRENT PROJECTS: BECOMING BIGGER IN TEXAS

In previous issues of the newsletter, we've discussed how our nationwide service comes with a hometown feel, especially in certain territories with boots on the ground.

Aeroflow Sleep is expanding yet again, and we're specifically becoming bigger in Texas! With territories already established in Austin and Dallas, we are excited to announce that we will be visiting your local physicians in Houston this April.

If you or a loved one would like your doctor to meet with the Houston representative in the spring, please have them call (339) 203-9164.

Don't want to wait? Aeroflow Sleep can help anyone in the continental U.S. online right now:

[CHECK YOUR ELIGIBILITY](#)



THE SEASON 1 FINALE OF "WEISS WORDS"

The final episode of "Weiss Words" Season 1 is all about the link between sleep apnea and high blood pressure (or hypertension.)

Now on Youtube, hear what Dr. Weiss has to say on the subject and stay tuned for the release date of Season 2!



[WATCH NOW](#)

IN THE KNOW WITH AEROFLOW



WHAT IS PAP COMPLIANCE, AND WHY IS IT IMPORTANT?

When you order PAP supplies from Aeroflow Sleep for the first time, your insurance company requires that you demonstrate you're actually using your PAP machine. This is called compliance, and research shows a remarkable 84% who comply get used to their PAP therapy faster than those who do not.

HOW OFTEN SHOULD I USE MY PAP MACHINE TO MEET COMPLIANCE?

Most insurance providers require you use your PAP machine a minimum of 4 hours per night for 30 consecutive days within the first 3 months. If you don't, insurance won't cover it.

HOW DOES MY INSURANCE PROVIDER KNOW I'M COMPLYING?

Compliance data is collected two ways; older PAP machines use SD cards, while newer models use cell modems or WiFi. Your primary healthcare physician or sleep expert can then access your data either way, measuring not just your time of use but your AHI, pressure settings, leak rates, and more.

WHAT IF MY RECORDED DATA SAYS I USED IT FOR LESS TIME?

With ResMed PAP machines especially, the data displayed may only show the last session you used your machine, so if you got up to go to the bathroom, you'll only see the session from when you turned off the machine to get up. Don't worry; your total night's worth of data was still recorded for compliance.

STILL HAVING TROUBLE WITH PAP COMPLIANCE?

It's okay to say you need help. Schedule a follow-up with your doctor or contact your dedicated Aeroflow Sleep Specialist for a compliance consultation.

People®

**THE 8 BEST SLEEP MASKS ~~OF 2022~~
TO BLOCK OUT LIGHT
WHILE HOME OR AWAY**

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**5 WAYS TO POWER YOUR PAP
WHEN THE POWER
GOES OUT**

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CONTACT US

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Monday - Friday
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Your inquiry is very important to us!