



# ALL THINGS AEROFLOW SLEEP NEWSLETTER

## A Back to School Special Adults Don't Want to Miss

The Oxford English dictionary defines "empty nesters" as parents whose children have grown and left home.

You may be experiencing this for the first time this year, you may have long since forgotten the hustle and bustle of "back to school" season altogether, or you may still be waiting to join the empty nester elite.

If you're the latter, it's said that pediatricians are busiest in August, because parents are remembering to take the kids in for a physical before school. Why not go ahead and remember to schedule a checkup for yourselves? Or, better yet, a replacement order from Aeroflow Sleep.

Login to see if you're due for new PAP supplies!

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## CURRENT PROJECTS: THE RESTASSURED JOURNEY

Finding out you have sleep apnea isn't the same as finding out you have a cold. You need to go to the doctor, find a sleep lab, schedule a sleep study, actually have the sleep study, and then revisit the doctor before a diagnosis can be made.

To streamline this, Aeroflow Sleep teamed up with restAssured; a program designed to assess, diagnose, and treat sleep apnea for less time and money than the traditional office.

restAssured takes potential patients through the aforementioned medical journey, and then they refer those who do end up having sleep apnea to Aeroflow Sleep.

Of course, this partnership is nothing new. The communication has simply been updated! Now, we'll send you one, cohesive email, thus reducing confusion and saving space in your inbox. Be on the lookout, if you entered the restAssured program.



## DR. WEISS RETURNS FROM MATERNITY LEAVE

In a special episode of "Weiss Words," we ask new mom, Dr. Careleara Weiss, whether or not you can use CPAP while pregnant. Gestational sleep apnea is possible both during and postpartum, so the answer may surprise you.





# IN THE KNOW WITH AEROFLOW



## HOW TO GET USED TO CPAP

The goal is to sleep well and live better with CPAP, but first, you have to be able to fall asleep. Aeroflow Sleep often hears these complaints from newly diagnosed sleep apnea patients:

- I'm feeling claustrophobic
- I feel like I'm suffocating
- I get more sleep without CPAP

Don't worry! All of these complaints are very common, and we know how to help...

## WEAR YOUR CPAP MASK AROUND THE HOUSE WHILE YOU'RE AWAKE

If you're feeling claustrophobic, you're probably still adapting to the CPAP mask. We recommend wearing it around the house while you're awake.

Start by doing something you enjoy. Watch TV or read a book with the mask on, and then graduate to performing simple tasks; such as doing the dishes or folding laundry. Eventually, that oppressive feeling will pass, even with the added pressure your machine brings at night.

## ASK YOUR DOCTOR ABOUT ADJUSTING YOUR PRESSURE SETTINGS

If you feel like you're suffocating, ask your doctor if lowering your pressure settings is a good idea. If your sleep health won't allow this, then ask them about switching to an APAP or BiPAP machine instead. This way, you aren't stuck with a fixed pressure setting and can acclimate to a range that best suits your natural breathing pattern. *\*\*\*These changes may require a new prescription.\*\*\**

## MEET MINIMUM COMPLIANCE REQUIREMENTS, AND THEN UP IT

Finally, if you're convinced you get more sleep without CPAP, be sure to meet minimum compliance requirements so you don't lose your insurance coverage. In the beginning, use your CPAP at least 4 consecutive hours, and then up the amount to 5, 6, 7+ hours until you sleep comfortably through the night.

**Questions? Call 866-650-7508 to speak with an Aeroflow Sleep Specialist..**

# 3 TYPES OF SLEEP APNEA?

HOW EVERY ONE MAY AFFECT YOUR HEALTH

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## CEO OF NIKE HAS A UNIQUE SLEEP SCHEDULE

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## CONTACT US

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Your inquiry is very important to us!