

PARTNERS IN HEALTH

Here to Help!

Compliance for Life

A unique program to keep you healthy

At National Sleep Therapy, we work hard to provide intelligent and respectful care. We know the first few weeks of sleep therapy are the most important time for you while adjusting to the machine and mask. To help you through this time, our clinicians will call you periodically to be proactive in your health. Let us know if you have any questions about usage, cleaning, or supplies.

When do we call?

- +Within 4 days of your set-up
- +At day 30, 60, 90
- +Quarterly after that

Questions?

Call us toll free at **888.867.8840** or email us at Support@nsttherapy.com

Tip of the Month



Do you ever get water collecting in your CPAP hose?

This is a condition called "hose rainout" and it's caused when your room temperature is cool and water vapor inside the hose condenses. As we enter the winter months (or if you use air conditioning in the summer) your bedroom can get cool and this problem can get worse. First, please check that your machine is lower than your head and that your humidifier setting is correct. If you still experience rainout, we suggest trying these two options:

1. Purchase a hose cover to insulate the hose from the cooler room temperature
2. Try putting your hose under the covers with you to keep the hose warm. (You may need a longer hose to do this, however)

Call us if you need a hose cover or longer hose. We can supply these to you.

Did you know?

How to help a friend. By asking your friends 4 simple questions, you can help them get tested for sleep apnea and on therapy. Studies show that if people answer any two of these questions with a "Yes", there is a good chance they have sleep apnea. Try it today and help a friend.



Take the S.T.O.P. Quick Questionnaire

Do you **S**nore?

Are you **T**ired during the day?

Has anyone **O**bserved you stopping breathing while sleeping?

Are you being treated for high blood **P**ressure?



Call us... we're here to help.

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