

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



NATIONAL
SLEEP THERAPY

www.nsttherapy.com

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Tip of the Month



Happy New Year!

Everyone at National Sleep Therapy would like to thank you for a wonderful 2009. We hope that you will have a great year in 2010!

Resupplies and Insurance Deductibles

For many patients, January 1st means a renewal of your yearly insurance deductible. If you have a deductible and have scheduled resupplies, you may want to know the following:

National Sleep Therapy reviews your current insurance and your resupply order before it's processed to make sure you are getting the supplies you need. If you have a copayment or deductible over \$75.00, we'll call to verify that you would still like to receive your order. Replacing your equipment is an important part of therapy. Parts that are worn or aged can cause undesirable effects, such as skin irritation or sinus infection.

If you received a check from your insurance company shortly after receiving your CPAP equipment, please call National Sleep Therapy right away. That check should be used to pay for your equipment and endorsed to National Sleep Therapy. Doing so will allow us to continue to provide you with the highest quality support and care. If you have any questions, call us immediately, we are happy to help.



There are many great Sleep Apnea resources available to web browsers, including the National Sleep Foundation website.

When it comes to CPAP "compliance," here's what the National Sleep Foundation had to say:

The majority of people who use CPAP find immediate symptom relief and are delighted with their increased energy and mental sharpness during the day. Many patients have said, "CPAP changed my life!" But some patients find CPAP masks uncomfortable, even though it may control their sleep apnea. Many need extra assistance to get a mask that fits correctly. Side effects are usually mild and temporary, and include nasal congestion, sore eyes, headaches and abdominal bloating. Many people get used to CPAP over two-to-twelve weeks, and according to some research studies, less than one-half of CPAP patients discontinue treatment.

CPAP also provides a benefit for bed partners. According to a study published in *Chest* (Kiely and McNicholas, Vol. 111, 1997), many bed partners are driven away from the bedroom due to the harsh sounds of snoring and apnea, but CPAP silences these noises and the partner comes back to the bedroom.

Follow-up is the most important factor in patient compliance. Health professionals have advanced technology and compliance reporting tools available that allow them to help patients with CPAP treatment soon after they begin making use of it. These methods complement compliance when coupled with patient education and a positive first experience with CPAP (National Sleep Foundation).

To learn more about the National Sleep Foundation or Sleep Apnea, visit their website,
www.sleepfoundation.org.



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

888.867.8840