

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

Acclimating to Therapy - Five Great Tips

1. Get used to breathing with your mask and device while doing things around the house. For example, try using it while watching TV or reading to help your body and mind become comfortable with CPAP therapy.
2. Create a habit of wearing the device at bedtime every night, even if you only keep it on for a few hours.
3. Don't forget about the "ramp" feature, which can make falling asleep easier for some patients. Most devices include the "ramp" feature, which allows the machine to start out at a lower pressure, building up to your prescribed pressure over time.
4. Utilize National Sleep Therapy staff for trouble-shooting or whenever you have questions. We are here to help!
5. Remember, time and patience are the keys to success. CPAP patients agree that while therapy can be troublesome at times, especially at first, the benefits offset any initial resistance when you stick to therapy.

Traveling with CPAP

Fortunately, the Department of Transportation's requirement of "one carry-on per person" does not apply to your CPAP (or any other forms of positive airway pressure devices). Your CPAP is a medically assistive device and it is important to your health that you have your CPAP every night, even when you're away from home. The Department of Transportation's guidelines allow for you to avoid a situation where your CPAP may be damaged or lost.



When traveling during the holiday season, remember that your CPAP can be carried on.

Trouble with Mask Leaking?

You may be tightening your mask too much. Remember, the mask needs to fill with air in order to seal completely. Tighten the LOWER straps first and use the upper straps to make slight adjustments. Ultimately, try to keep the mask as loose as possible while still maintaining a seal.

If you are still having troubles with your mask, please call the staff at National Sleep Therapy for advice or to speak to a clinician.



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

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