



Helping You to Breathe Better, Sleep Easy & Live Well

Your Guide to CPAP Therapy



CanSleep.ca

1.844.SLEEP40 | info@cansleep.ca

Lower Mainland | Vancouver Island | Fraser Valley



Breathe Better. Sleep Easy. Live Well.
Integrated Solutions for Snoring & Sleep Apnea

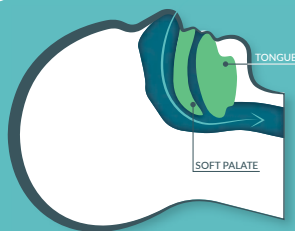
Sleep Apnea & Symptoms

Obstructive Sleep Apnea (OSA) occurs due to an airway collapse while you are sleeping, which prevents air from reaching your lungs. The obstruction may be due to a large tongue, extra tissue, or weak muscle tone struggling to keep the airway open. A collapse of your airway can cause shallow breathing (hypopnea) or paused breath (apnea). Breath can pause for 10 seconds or more and the pause is usually accompanied by a drop in blood oxygen levels. Apneas and hypopneas can occur multiple times an hour. This puts a strain on the heart and can lead to serious health conditions.

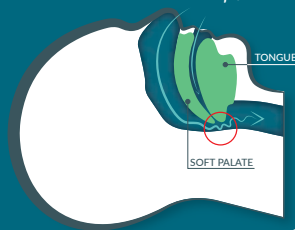
Symptoms

- Snoring, gasping or choking during sleep
- Fatigue and daytime sleepiness
- Morning headaches
- Poor memory/concentration
- Anxiety or depression
- Sexual dysfunction
- Frequent nighttime urination
- Irritability

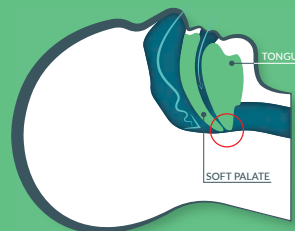
NORMAL
BREATHING



SNORING
*Partial obstruction
of the airway*



OSA
*Complete
obstruction of the airway*



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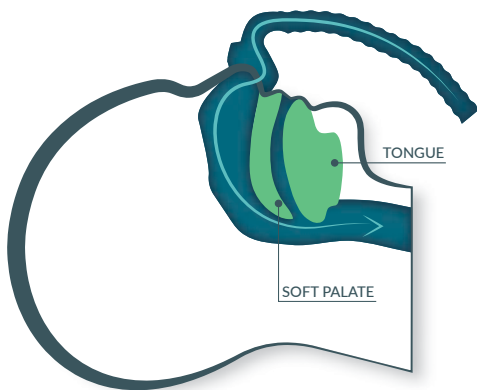
How CPAP Works

Continuous Positive Airway Pressure (CPAP) is the most effective non-invasive treatment available that achieves results in as little as two weeks. It is a therapy that gently blows air into your nose and/or mouth to keep your airways open throughout the night.

CPAP is considered the gold standard of care, because it is easy to use with little to no side effects, allowing you to live your life with better energy. CPAP therapy can dramatically improve the life of someone with sleep apnea.

CPAP should be used every night to experience maximum benefits:

- Increased energy level
- Reduced irritability
- Fewer morning headaches
- Improved memory
- Increased effectiveness at work and in your personal life
- Sounder sleep with less waking during the night
- Overall improved quality of life
- Decreased risk of cardiovascular disease



Understanding Your Therapy Device

Auto-CPAP Machine

- A therapeutic air pressure range is set and the device applies the required pressure to effectively deliver oxygen
- The device records the air pressure data from each night for your therapist to monitor

Humidifier

- Moisturizes the air being delivered to you to increase your comfort
- Prevents dry nose and mouth
- Most humidifiers will also detach from the machine for easy travel
- Always use distilled water to avoid mineral deposit build-up

Tubing

- Carries the air from the machine to your mask
- Most new machines come with a heated tube, which will help minimize the condensation

Filters

- Air from your surroundings is filtered before being delivered to you
- The filter is located on the back or on the side of the machine
- Hypoallergenic filters are strongly recommended, especially for patients prone to dust allergies, upper airway infections, and asthma

Masks

- A variety of masks are available, including nasal pillows, nasal masks and full face masks
- All masks are designed to be comfortably worn during sleep
- Every mask has built-in exhalation ports that release your exhaled air - do not cover them

Each CanSleep location offers a variety of the latest CPAP technologies.



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Caring For Your Therapy Device

Your Mask

Remember to clean your mask **every day** to maintain its efficiency:

- Use warm water with soap and let air dry
- For easy cleaning, mask wipes are also available (don't use alcohol wipes)

Cushions and headgear become worn out after time. Make sure to replace them regularly. To avoid bacteria build-up, you should replace your mask every year.

Your Filter

Respironics (dark blue filter for Dreamstation):

- Wash your filter **weekly** in warm soapy water and let air dry
- This filter should be replaced **every six months**
- The thin blue filter cannot be washed and should be replaced **monthly**

Resmed (white filter) cannot be washed and should be replaced **monthly**.

Your Tube

Remember to clean your hose **weekly**:

- Use warm water with soap and let air dry
- Use a brush that's designed specifically for CPAP hoses - the wrong brush can scratch the inside of the tube
- Inspect the tube for holes and leaks

Your tube should be replaced every year.

Your Humidifier

Remember to clean your humidifier **weekly**:

- Use warm water with soap
- Don't put it into the dishwasher
- Don't use brushes - they might scratch the chamber and bacteria can grow in the cracks

Your humidifier should be replaced every year.

Mask and supply replacement is important for your comfort and therapy!
Each CanSleep location offers a variety of CPAP care products and replacements.



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Top Tips for Sleeping with CPAP

When will I start feeling better?

Most people begin noticing positive results within two to four weeks. Depending on your unique symptoms, results may take longer.

What if I still snore while using CPAP?

Snoring should not occur with CPAP use. Your pressure may need to be adjusted.

Contact CanSleep: 1.844.SLEEP40
(1.844.753.3740)

What should I do if my mouth is dry?

Your mouth may be open as you're sleeping.

- Try a chin strap or a full face mask
- Check your mask for a leak, a large leak may cause dry mouth
- Check the humidity level, you may need to increase it

What should I do if my skin is irritated or I have marks on my face?

Your mask may be too tight, adjust the headgear or it may be the wrong size.

Call CanSleep if irritation continues.

I travel frequently, should I take my CPAP machine?

Absolutely. Use your CPAP nightly. Some humidifiers detach, making the CPAP much lighter to carry. Having a copy of the prescription for your CPAP is also a good idea.

CanSleep also sells lightweight travel machines. Contact CanSleep to inquire.

Can I take my CPAP camping?

Yes. CanSleep offers batteries for your machine.

What should I do if my nose is congested or I have nosebleeds?

- Try:
- Increasing humidity
 - Using a nasal saline spray before bed

Condition may improve over time.

What should I do if I feel bloated when I wake up in the morning?

- Try:
- Sleeping with your head elevated
 - Using a chin strap to prevent mouth breathing

If condition doesn't improve, call CanSleep.

What should I do if I'm having trouble getting used to wearing my CPAP mask?

Try wearing the mask during the day while you are awake or watching TV. Your body is getting adjusted to having something new on your face, this should improve over time.

If you are having problems adjusting to your therapy, call CanSleep Services.

We are here to support you!



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You're On Your Way to a More Energetic You

Your CanSleep Clinical Therapist will set up your machine for you and will follow your progress throughout your therapy.

Your comfort at night is key to your therapy. We encourage you to try as many masks as you want during your one-month trial. Simply drop into the clinic with your old mask and we'll help you pick a new one.

Our friendly staff will submit a pre-approval to your extended health provider. You'll get a letter explaining what you are approved for. If you don't hear back from your extended health provider by your return appointment, please do not hesitate to contact them.



Zzz

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Sleep Apnea & Health Risks

OSA can increase the risks of:



HIGH BLOOD
PRESSURE



STROKE AND
HEART ATTACKS



WORK AND
MOTOR VEHICLE
ACCIDENTS



TYPE 2
DIABETES



WEIGHT
GAIN/OBESITY



ABNORMAL
CHOLESTEROL



KIDNEY
DISEASE

Who has it?



1 in 4

NORTH AMERICANS ARE AT
RISK FOR SLEEP APNEA



1 in 25

CHILDREN SUFFER FROM
SLEEP DISORDERED
BREATHING



1 in 4

MEN HAVE A FORM OF
SLEEP DISORDERED
BREATHING



1 in 10

WOMEN HAVE A FORM OF SLEEP
DISORDERED BREATHING



4 in 10

NEWLY DIAGNOSED
PATIENTS ARE WOMEN



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CPAP Will Protect Your Long-Term Health

Left untreated, sleep apnea can lead to serious health risks and decreased quality of life.

POOR SLEEP

58%

MOOD DISTURBANCES

- Depression & anxiety
- Loss of motivation
- Shorter attention span
- Irritability

87%

DAYTIME SLEEPINESS

- 6x increased risk of car accidents
- Impaired concentration & memory loss
- Reduced work efficiency

61%

OBESITY

15%

DIABETES TYPE II

SEXUAL DYSFUNCTION

48%

FREQUENT NIGHTTIME URINATION

Morning headaches
caused by oxygen
deprivation

90%

HIGHER RISK OF STROKE

80%

LOUD SNORING

STRESS ON THE HEART

77%

HYPERTENSION

25%

CORONARY ARTERY DISEASE

58%

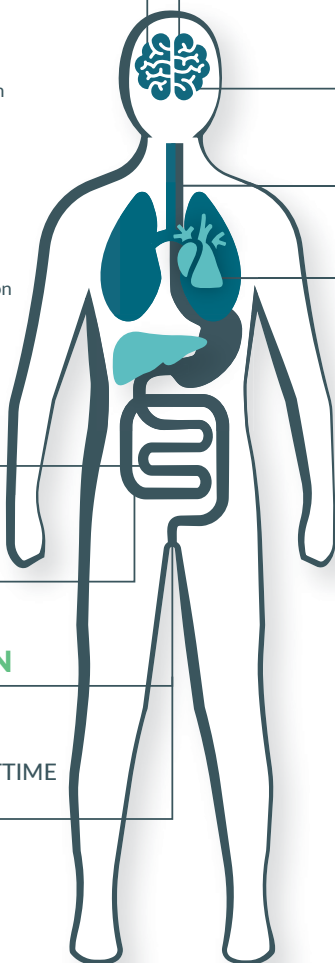
CARDIAC ARRHYTHMIAS

76%

CONGESTIVE HEART FAILURE

38%

HEART DISEASE



* PubMed.gov, Medscape, and BioMed Central

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Learn More About Your Treatment

To better understand sleep apnea, watch this video:

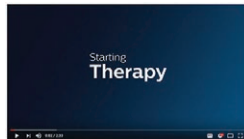


Watch testimonials of people who have Sleep Apnea and find out about their experience with CPAP.

Life with Sleep Apnea:



Starting Your Therapy:



Life with Therapy:



Adjusting to Therapy:



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