

# Snooze Newz<sup>zzz</sup>

A newsletter for people with sleep-disordered breathing and their families

## FROM THE OTHER SIDE OF THE BED—THE PARTNER'S STORY

People who use positive airway pressure machines are pretty enthusiastic about the benefits. But what about their partners? Are the people who sleep on the other side of the bed appalled at the prospect of sharing their nights with a "masked stranger," or are they simply ecstatic about the prospect of a good night's sleep—at last?

Two friends, Jenny and Liz, are both married to sleep apnea patients. Jenny's husband, John, has been using a CPAP machine and full face mask for the past two years, while Liz's partner, Tony, switched on his first CPAP machine about six years ago.

### Jenny's story

How did you realize your husband had sleep apnea?

I went to a talk about sleep apnea and snoring. I knew a little bit about sleep apnea, because my father suffers from it. I had always thought that John didn't look like a typical sleep apnea sufferer because he has quite a slim build and doesn't have a very thick neck. However, during the talk I realized that he snores more than normal and probably should get it investigated. He went to see an ear, nose, and throat (ENT) specialist who discovered that he had a deviated septum but also advised him to have a sleep test.

How did you respond to this news?

My first response was to laugh because I thought this was probably a case of over-servicing. But I remember driving into the driveway with the kids in the car when he came home from the sleep test and asking him, "How did you go?" He said, "Pretty good, I had thirty-two apneas an hour." This is in the severe range, and that was a big shock.

I was disturbed when I realized he would have to use the mask and the machine. My father is on a sleep apnea machine and he's old; I just didn't associate it with a young, healthy man like my husband. I didn't look at it as a resolution to his snoring at that time. My first reaction was really disbelief.

What worried you about the mask and the machine?

I was worried about our intimacy and how I would feel cuddling up to someone wearing a mask and the impact on our bedtime routine.

Has the therapy impacted your bedtime routine at all?

From the start, we talked about it. Once I got my head around it, I decided, "Well, if that's the reality, we'll just have to get on with it." We've had to change our bedtime rituals slightly. We make an effort to go to bed earlier so we can chat and do all the things we used to do.



continued...



"The healthy benefits outweigh the slight inconveniences"

If I'm really tired, I go to bed so I can get to sleep before he comes to bed and goes into his settling-in phase, adjusting the mask and so on.

[Can you explain some of the ups and downs that you have experienced?](#)

Like most things, there are positives and negatives.

John's happy wearing it. Looking back on it, he was coming home feeling really exhausted, and although he's generally easy-going, he was getting grumpier and grumpier. We had put it down to work and raising young kids. From the first time he wore the mask—even after the first night's sleep test—he began to feel significantly better. The great thing is that he's not snoring any more! He doesn't get as many sinus infections as he used to—he's healthier, and that definitely has an impact on me! And, of course, there's the long-term benefit to his blood pressure of controlling his sleep apnea, so these are significant positives. Another great thing is that I am definitely sleeping better.

There are some minor negatives or things that I needed to adjust to, like the fact that the air from the mask can blow in my face. From the start, John was instructed to wear a full face mask, and now there's no way he'll change from it. I'd prefer it if he wore a nasal mask or something that is less obtrusive because at least we could talk or I could see a bit more of his facial expressions. But once the mask is on, it's "See you later—goodnight!" Look, the health benefits outweigh the slight inconveniences, and I am sleeping better as well because the snoring has stopped!

[Does it wake you up?](#)

Occasionally, the mask gets dislodged, or sometimes when John rolls over, it will leak, and that wakes me. Sometimes he takes the mask off, especially if he's had a few drinks. I have to wake him and ask him to put the mask back on. Generally, it does not affect my sleep too much at all.

[How did you explain the CPAP equipment to your children?](#)

They were familiar with it because Grandpa had one. John's a bit of a joker, so when he first got the mask and the machine, they hopped into bed with him and we took a photo. We explained why he had to have it, though we emphasized that it was for his snoring problem rather than the sleep apnea aspect, as we felt they could understand this better (we all used to complain about John's snoring). My daughter calls it the 'sleep atmosphere' machine and wants her brother to get one now because he snores too!

[Have the children had to alter their routine at all ?](#)

Because the kids are still young, sometimes they may come into the bedroom—they tend to come to me first, because they know that daddy would have to take the mask off, so I guess they intuitively don't want to disturb him—it's easier for me to get up if they need something. It has not had that much impact on us at all, really.

[Would you consider other options like surgery?](#)

I don't see it as an option. John would be really reluctant to do that, and both of us would need to be convinced that it wouldn't be too much pain for questionable gain.

[Are you embarrassed about John using the equipment?](#)

No, and I would also say that John's positive approach is the reason for this. Initially, some people at work looked at me as if I'd said he had cancer. They said, "Imagine having to sleep with that for the rest of your life!" I guess this reaction was just through lack of education. Once I explained it, they could understand the problem, especially if their partner was a heavy snorer. I have no problem talking about it with my girlfriends. It's also surprising how many people John and I meet who want to know more about it because their partner snores, and there are others that think they themselves might have a sleep problem.

[Do you have any advice for other women?](#)

Focus on the benefits it brings to both your lives; the fact is that John is less tired and his whole demeanor has improved. Going to bed with the mask every night is a very small part of it, and you can work around it. We've made a joke of it: when the mask goes on, it's lights out and good night—see you refreshed in the morning.

## Liz's story

### What was your experience?

I had some pretty selfish motives for getting Tony checked out—his snoring. We used to have jumbo jets flying over our house but he was louder! Tony has always been a big man, and when I saw something on TV about sleep apnea, I realized he should get it investigated.

### How did you adjust to the machine?

When he brought the machine home and plugged it in on the first night, I thought "Oh no, I don't think I'll ever be able to sleep with this noise." Those older machines were quite noisy—the airflow wasn't automatic back then, so Tony would use a ramp—the airflow started at low volume and worked up to a fixed high pressure. I thought I was sleeping next to Darth Vader!

Surprisingly, I got used to it. It became like background noise, and in fact, after a while I couldn't get to sleep until he had the mask on and the airflow had begun.

### Your children are older than Jenny's. Did you have to explain it to them?

We just said it will stop his snoring, and they said "Oh yeah, okay, great." It had no impact on them at all. A lot of kids use nebulizers for asthma, so I don't think it's unfamiliar technology. And kids are into technological gear as well—this is just another machine that's part of life.

### How do you feel about lying next to a husband plugged into the mask and machine?

He always just puts it on at the end of whatever happens when we go to bed. I guess the last thing we always used to do was roll over and give each other a good night kiss; we still do that, and then he puts the mask on—it's one extra thing, that's all.

I never thought, "Oh no, he's wearing this for the rest of his life." I thought "thank God, he won't be snoring for the rest of his life, and I'll be able to sleep!"

### Tony's just switched to an automatic machine, the new AutoSet Spirit™. How has that changed things?

I always knew that a better machine would be developed. I can't hear the new device at all—there's not that blast of air.

If he pulls the mask off, the airflow stops. It's a great improvement because if he pulled the old one off, it was like a vacuum cleaner blowing right in your ear! The new machine just cuts out.

He's more likely to put it on before he falls asleep now. Sometimes, with the old machine, he wasn't ready to go to sleep before it reached full pressure, and that actually prevented him falling asleep; then he'd fall asleep without it on and then I'd wake up. The AutoSet Spirit™ always gives him the pressure he needs when he needs it!

I'm purely selfish about it now. For me, it's a good night's sleep and a well-rested, sweet-tempered partner in the morning. Whack that mask on, darling!

## FROM THE EDITOR

This issue of Snooze Newz focuses on the world beyond our front doors. Should your sleep disorder stop you from enjoying the pleasures of camping, boating, or traveling overseas? According to the people we interview in this issue, the answer is a resounding "No!" Our feature article is an interview with John Stockwell, an enthusiastic camper who has built a customized spot for his continuous positive airway pressure (CPAP) machine in his caravan. We also provide some expert tips on how to enjoy the great outdoors armed with your CPAP machine and a rechargeable battery.

We've also taken a fresh look at obstructive sleep apnea (OSA) therapy

in our article "From the Other Side of the Bed." We talk to two women whose partners use positive airway pressure machines to find out how they feel, what their experiences have been, and what advice they can offer others who have to share a bed with a CPAP user.

Our regular Maskerade column introduces ResMed's new ActiveCell™ Technology nasal mask, which is receiving rave reviews and some outstanding results from independent clinical studies around the world.

You will also see the usual collection of handy tips and our third instalment of Sleep Smart, with further advice on how to get a better night's sleep.

Thank you for your continuing feedback. We do like to hear from you, so please keep in touch. Remember that you can visit our website at [www.resmed.com/newsletters/snoozenewz](http://www.resmed.com/newsletters/snoozenewz) if you wish to register to view Snooze Newz on-line.

Lisa Mackenzie



# CPAP-POWERED CAMPING— WAY TO GO!

For John Stockwell, the offer of an early retirement package meant a lot of things—including the opportunity to indulge in his passion for the great outdoors! He and his wife, Bernadette, invested in a custom-built caravan and set off to explore Australia. They spend around two months of every year traveling, doing both caravan-park, and off-road camping.

However, about eighteen months ago, John was diagnosed with OSA, which meant that he needed CPAP therapy. Concerned that his OSA could interfere with their travel plans, he sought advice from his supplier (HME) and ResMed. He was relieved to discover that with a little adjustment in planning and equipment, they could carry on with their camping trips without a problem.

In fact, with better sleep and no snoring, both John and Bernadette are enjoying their travels even more!

To provide power for all the caravan equipment, they had a rechargeable deep-cycle battery fitted within the caravan and two batteries fitted to the four-wheel drive (4WD). When they are camping in a caravan park, the deep-cycle battery recharges from the park's power.

John and Bernadette also like to do some bush camping, staying out for several nights at a time.

"I had to work out how long the deep-cycle battery would last," John explained. "I realized that with normal use, such as lights, as well as the CPAP machine, I would only get about eight hours out of the battery before it needed recharging. Because we do so much camping, it made sense for us to look at other options. We looked at solar power but it was quite expensive. So I bought a small generator, which keeps us in power if we're out for a few days and we don't want to recharge the battery by driving around. It means we can stay at the one remote camp site for days at a time."

The generator cost around \$1,400 USD, measures around 11.8" x 13.7" (30cm by 35cm), and weighs 44 lbs (20 kg). When they are not camping, they keep the generator in the shed at home where it can be used in case of blackouts.

John said he had relied heavily on ResMed's Technical Services staff for advice. "At first, my supplier told me that I needed a pure sine wave inverter to run the CPAP machine," he said. "These are quite expensive, so I contacted ResMed to check. I was informed that I could use a modified sine wave inverter and was advised to spend the rest of the money enjoying our holiday!"

John says using the CPAP machine has been trouble-free. He has some valuable advice for other campers.

- If you're in a caravan in winter, the air can become pretty cold. John puts the air hose under the blankets to warm the air before it reaches him.

John Stockwell with his custom-built caravan





- Before you leave, organize a particular spot in the van to pack your equipment snugly away in the bag. John and Bernadette created a special cubby-hole that ensures the machine has a smooth ride every time.
- Be careful when washing your mask and tubing. In a confined space, with less than full lighting, it's easy to drop a component and perhaps even step on it and break it.
- Take ResMed's or your supplier's (HME's) contact numbers and/or email address with you when you travel so that you can always get advice or find replacement parts if needed.

"All in all, it's been pretty straightforward," John concludes. "My wife thinks it's great because she can get a decent night's sleep! And because I can actually put in a longer day now, we're out there enjoying ourselves and even tackling mountain climbs with plenty of energy. We're even considering extending our travels to Canada and the United States some time soon. With the switch mode power supply on the device, I've been advised that travel around the globe will not be a problem."

John Stockwell



## THE NUTS AND BOLTS OF INVERTERS

What does an inverter do, and why would you use one?

An inverter turns electrical (DC) power from a battery into mains-type electrical power (AC). You need to use an inverter if you want to run your CPAP equipment, which requires mains power, from a 12-volt battery.

People sometimes refer to an inverter as a converter. Is there such a thing?

Some people use converter as a generic term for any devices that change electrical power. Strictly speaking, a converter uses electronic switching to change DC power at one voltage to DC power at a different voltage.

What type of inverter does ResMed recommend for use with its products?

For most of our current products, we recommend any inverter rated at 150 watts or more. However, there are a few products that have more specific requirements. These are listed in the table below.

I was told that I must use a specific type of inverter: "a pure sine wave inverter." What is this, and why do I need it?

Mains power (AC power available in homes) has a sinusoidal shape  $\sim$ . Most inverters use electronic switching, which produces a square shape  $\sqcap$ . Square wave power is OK for most current ResMed products, but it interferes with the control circuit on most humidifiers. Pure sine wave inverters do use electronic switching; however, they use more sophisticated switching and filtering to produce a sinusoidal shape.

Where can I buy an inverter?

Electronics retailers, outdoor/camping stores, and 4WD shops sell standard inverters.

Can you run a CPAP device off a car or truck battery?

ResMed does NOT recommend running an inverter off a conventional car battery. They draw large amounts of energy from the battery over a period of hours and will drastically reduce the life of the battery.

Product	Inverter
AutoSet Spirit and S7™ products when used with HumidAire 2i™	ResMed recommends Powerbox PS220 (115V version), or a pure sine wave inverter
VPAP™ III products when used with HumidAire 2i	Powerbox PS220 (115V version), or a pure sine wave inverter
HumidAire™ (original version)	You CANNOT use an inverter
Old version VPAP™ II products (prior to LCD screen models)	Check with your local ResMed Technical Services department*

\* Note: Machines built before 1999 may need specific inverters. Contact your local ResMed service center for more information.

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What type of battery does ResMed recommend?

If you intend to recharge the battery every day, ResMed recommends a rechargeable, deep-cycle marine battery with a capacity of around 50-60 amp hours. If you intend to recharge every second night, you would need a battery with twice the capacity.

If you are a regular camper, you can set up a dual battery system in your car, so that your marine battery is constantly being recharged while you are driving—4WD shops specialize in this setup.

If you have a dual battery system, you can plug your inverter and CPAP equipment into the cigarette lighter socket in the car at night. The technician who installs your dual battery can help you configure the system correctly.

How much do these types of deep-cycle batteries typically cost ?

Batteries typically cost \$70 to \$140 USD.

Are there any other uses for inverters and batteries?

Yes, some low power appliances such as camping refrigerators, small TVs, lights—but be sure to check the power requirements of each device before using it.

What size battery will I need to run my CPAP for an eight hour night?

Set pressure	Battery size*
8 cm H <sub>2</sub> O	28 amp-hours
10 cm H <sub>2</sub> O	33 amp-hours
12 cm H <sub>2</sub> O	38 amp-hours
16 cm H <sub>2</sub> O	46 amp-hours
20 cm H <sub>2</sub> O	57 amp-hours

\*The figures shown are approximate and will vary slightly from one model of CPAP to another.

Do fixed CPAP devices flatten the battery (ie require greater power consumption) than an automatic positive airway pressure (APAP) device, eg AutoSet Spirit?

Generally, an APAP device should use less power as it supplies pressure on demand according to patient needs.

Caution: Incorrect installation of dual battery systems may result in damage to the vehicle's electrical system or to the devices connected to the electrical system. Such installations should only be undertaken by a qualified automotive electrician.



4WD battery



Dual battery setup in a 4WD



Deep-cycle marine battery



Battery setup with inverter and flow generator



Cigarette lighter socket connection

# MASKERADE

## WANT A BETTER NIGHT'S SLEEP? GET A BETTER MASK SEAL!

What are the most common problems for people who use positive airway pressure devices? Without a doubt, most questions from users focus on mask discomfort and leaks.

Mask discomfort may be caused by a poorly fitting mask or by headgear straps that are too tight. Poorly fitting masks can also contribute to problems like conjunctivitis and pressure marks on your face.

Leaks result from poor mask seal, which can be caused by a variety of factors. Difficulties with mask seal can result from the way your face relaxes when you sleep. Your pillow can interfere with the mask, and the taut finish on the headgear straps can lose elasticity after washing. Even the normal movements you make while asleep can dislodge your mask, causing leaks and discomfort.

All these problems add up to poor sleep. Sometimes, you might even take the mask off at night if it becomes uncomfortable, which, of course, reduces the quality of your sleep even further.

ResMed invests a significant amount of time, effort, and money into developing new technologies that can tackle these problems. The new Mirage Activa™ mask uses ResMed's new ActiveCell™ Technology to greatly reduce mask discomfort and leaks.

The new mask builds on the proven comfort of the Mirage™ mask with the addition of an "ActiveCell." This inflatable chamber expands and contracts during sleep. It acts rather like the independent suspension on your car, automatically compensating for the movements and other changes that occur while you are asleep.

A number of studies have compared the Mirage Activa with other masks on the market. Masks that provide an effective seal with least strap tension are the most comfortable. The Mirage Activa mask achieved superior seal with less headgear strap tension than any of the other masks tested in a study conducted by Smith et al.<sup>1</sup>

The Mirage Activa also maintained seal better than the other masks, even when subjected to changes in strap tension and length.<sup>2</sup>

Another study found that the Mirage Activa mask users experienced fewer facial marks, as well as less eye irritation and conjunctivitis and reduced awakenings.<sup>3</sup>

- 1 Smith et al. **Sleep** 2003; 26 (Sup.) A: 406-407
- 2 Philippe C. & Baud L.A. **Sleep Medicine** 2003; 4(Sup. 1): 165
- 3 Philippe C. et al. **Sleep Medicine** 2003; 4(Sup. 1): 166

Mirage Activa's ActiveCell™ Technology



**RESMED**



## DEALING WITH WATER CONDENSATION IN MASKS AND AIR DELIVERY TUBES

If you use a humidifier with your flow generator, you may have come up against the problem of condensation, either in your mask or air tubing. If the problem is severe, the condensation causes water droplets to appear in small clusters, known as “rain-out.”

Simple factors cause condensation. The air we breathe carries invisible water vapor, made up of individual water molecules. The amount of water the air can carry varies, depending on the temperature: warmer air can carry more water, while colder air can carry less. As warm air becomes cooler (eg, overnight), it has less capacity to carry the water; so the water condenses and forms droplets.

When using a humidifier, both the water in the chamber and the air passing through the chamber are heated. However, as the air passes down the delivery tube, its temperature falls. The natural temperature during the night typically falls between midnight and 3am, then begins to rise again. If the room is warm and kept at a reasonably constant temperature, very little or no condensation will form.

If the room is cold, and particularly if there is an open window creating a direct draft, the air in the tube will

cool quickly, and will not be able to hold the water added by the humidifier. The excess water condenses out as water droplets, or “rain-out.”

How can you stop this from happening? Here are a few suggestions:

1. Shut the window—prevent direct drafts from contacting the tubing or mask.
2. Warm the room—in cold climates, a heater may be necessary.
3. Put your tubing under the blankets—keep the air in the tubing at a constant temperature.
4. Insulating the tube reduces heat loss—some people use knitted sock-like covers for their tubes, while others have even used bubble wrap to help with this problem!

Some people have suggested connecting an extra hose so that the additional length can be more easily warmed under the blankets. ResMed does NOT routinely recommend this action as some of our devices are programmed to work with tubing of a particular length—adding extra lengths could interfere with your therapy. Also, the longer the tube, the increased likelihood of heat loss.

Speak with your clinic or ResMed dealer, and they will be able to assist you.

## SNOOZE NEWZ IS NOW AVAILABLE ONLINE!

You will need to visit [www.resmed.com/newsletters/snoozenewz](http://www.resmed.com/newsletters/snoozenewz) to register for access to Snooze Newz online. You can view all the stories, find and print past and present editions, and if you wish, subscribe to email notifications that will tell you when a new edition of Snooze Newz has been published. This subscription is part of the registration process, and is entirely optional.





## HANDY TIPS

### Need a solution for skin problems? Try this!

One of ResMed's clinicians, who is in contact with numerous patients on a daily basis, has observed that significantly more male patients than female patients experience red marks, abrasions, and sores on their nose and face from the mask cushion. Yet one would think that women would tend to have more of these problems because they have more delicate skin! The difference could be that many women have a nighttime routine where they remove their makeup and cleanse their faces.

One of the clinician's patients suffered from severe skin problems when he started his CPAP therapy. He noticed that his wife had a nightly

skin care routine, which involved removing her makeup and washing her face thoroughly. He decided to start a skin care routine as well. To his amazement, his skin cleared up quickly.

We now recommend that men who have these problems wash their face with Cetaphil™, or a comparable cleanser, before they go to bed. Cetaphil, a lotion that balances pH in the skin, is inexpensive and can be found at just about any chemist or drug store. So far, the success rate is high—patients who cleanse their faces before bed see clear skin quite rapidly.

Try this simple skin care routine ... it works wonders for many CPAP users!

## WEBSITE OF INTEREST



### WORLD HEART DAY— A wakeup call for women

Sunday, September 28, was World Heart Day 2003.

This year, the event focused on women, with the theme "Women, Heart Disease, and Stroke." According to the World Heart Federation website, while women are primarily concerned with breast cancer, their risk of heart disease and stroke is eight times greater.

The day's activities centered around building a healthy lifestyle, with an emphasis on physical activity, tobacco-free living, healthy nutrition, weight control, and blood-pressure checks. National Heart Foundation organizations around the world ran a range of activities from walks, runs, group exercises, and skipping, right through to line dancing, educational events, health fairs, free testing, scientific symposia, and fund raising events.

As sleep-disordered breathing (SDB) has direct, proven links to many chronic diseases, including hypertension, it is vital that women be screened for it to ensure a healthy heart. The most common form of SDB is obstructive sleep apnea (OSA). Untreated OSA contributes significantly to cardiovascular disease.

For more information about World Heart Day 2004, visit

[www.worldheartday.com](http://www.worldheartday.com) 

For more information about the World Heart Federation, visit

[www.worldheart.org](http://www.worldheart.org)

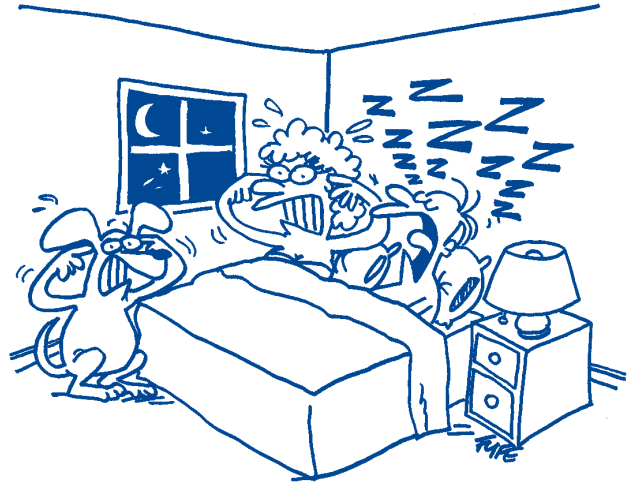
# IN SEARCH OF A GOOD NIGHT'S SLEEP

For some people, the pathway to a good night's sleep can be a rocky one! Mike\* tried a number of therapies before he finally discovered the solution with an AutoSet Spirit machine.

As is so often the case, Mike's wife was the one who noticed he had a sleep problem. His snoring was getting progressively worse, and then she noticed that he actually stopped breathing from time to time. "My whole body was shaking," Mike said. "My wife called it the 'Riverdance' syndrome!"

Mike investigated his situation with his general practitioner (GP). His GP sent him to a hospital sleep disorders clinic where he was diagnosed with OSA.

"The clinic recommended I try a machine set to 10 cm H<sub>2</sub>O water pressure for a couple of weeks," Mike recalls. "The machine I tried first operated using constant pressure. The mask was uncomfortable, the machine was terribly noisy, and the constant airflow actually stopped me from getting to sleep. If I did get to sleep, I woke up after an hour.



At the end of the two weeks, I turned the machine on and got a face full of burnt rubber smell—so I took it back!"

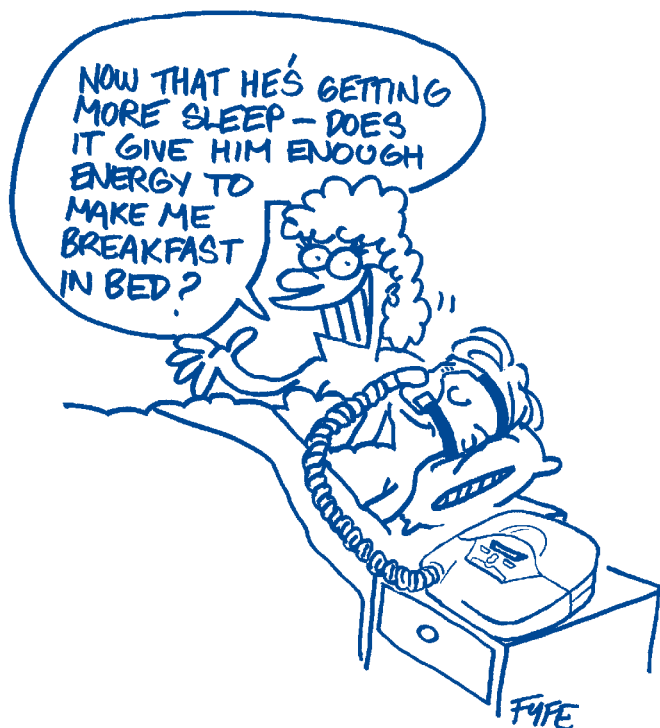
Mike returned to his GP who suggested a mandibular advancement splint (MAS). Mike wore the MAS over a period of several weeks before returning to the sleep clinic for another sleep study to see how effective it was. Unfortunately, the MAS had done nothing to help his problem.

"My doctor was stumped!" Mike said. "However, when I was doing the last sleep study, the nurse asked me why I hadn't tried a ResMed machine. She said that she had no interest in the ResMed business but thought that the ResMed automatic machines, AutoSet T™ and AutoSet Spirit, were really the only ones that worked effectively."

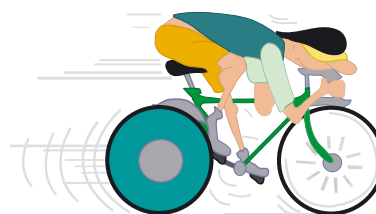
With his doctor's blessing, Mike decided to try this solution—and the rest, as they say, is history.

"I took an AutoSet Spirit machine home, and it solved my problems on the very first night!" Mike said. "I could not believe it. The restless sleep syndrome disappeared, the snoring stopped, I didn't even wake to go to the restroom. Once I'd been using the machine for a few weeks, I realized just how tired I had been before, even though I hadn't recognized it at the time. It's been a sweet success ever since."

\* Real name withheld



# HAVE BIKE, WILL TRAVEL



When Australia's Arthur Hunt decided to join in Cycle Queensland 2003 recently, his sleep apnea equipment went with him.

Cycle Queensland 2003 is a nine-day, fun bike ride covering 332 miles (534km) from Warwick to Gympie in Queensland, Australia.

Arthur signed up for the event when his doctor challenged him to get more exercise. The field of 650 riders completed the course in easy stages, ranging from 20 to 56 miles (32km to 90km) per day.

Arthur described a typical day on the ride, starting with breakfast at 6am, then packing up camp in time to get on the road by 8am. As back roads were used and the riders were biking at their own pace, there was no need for road closures, although the local police were very helpful in controlling traffic and riders.

"There was usually plenty of time to enjoy the country scenery, plus stops for morning tea, lunch, and afternoon tea before reaching the next campsite early in the afternoon," Arthur explained. "Then it was time to set up the tent and the power connection, have a shower, and enjoy the

company of other riders over dinner before a well-earned sleep."

The event organizers transported all the riders' gear, so when they pitched camp at night, Arthur collected his essential sleep apnea equipment—an AutoSet Spirit flow generator with the HumidAire 2i humidifier. Because of their compact size and whisper-quiet operation, they were very suitable for use in a small tent. Cold nights presented a challenge at first, when Arthur found that excessive condensation would develop in the air tube. By adjusting the humidifier settings, he managed to solve this problem.

Having the AutoSet Spirit enabled Arthur to curl up in his sleeping bag, confident of a good night's sleep to recharge his batteries for the next day's ride.

Having sleep apnea does not mean a restriction on life. There is no stopping some people!



## The triumvirate of health

"Sleep is equally important to our physical well-being as adequate nutrition and physical activity"

Proposed by  
Dr. William C. Dement



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