

## Getting the most out of your treatment

- Ensure you have a well-fitting mask**—one that fits you comfortably, provides you with a good seal to minimize air leaks, and offers you a choice of comfortable sleeping positions.
- Use a humidifier when you need it**—heated humidification can make therapy more comfortable and effective. It prevents and relieves potential side effects such as watery eyes, dryness or congestion in the nose, and dryness or irritation in the throat.
- Persistence is the key**—stay on track with your treatment for healthier sleep and a healthier life. This is vital if you also suffer from any serious health conditions, like high blood pressure, diabetes or heart problems.
- Make healthy lifestyle choices**—such as losing weight, reducing alcohol consumption, and maintaining regular sleeping habits such as going to bed at the same time every night.
- Find nurturing support**—there are sleep apnea support groups across the world. Your family and friends can be a source of encouragement, especially when they understand your condition.
- Invest in the right equipment and care for it.** ResMed offers the most trusted range of sleep apnea equipment—from well-fitting, comfortable masks and nasal pillows systems to quiet, easy-to-use devices with fully integrated humidification. Overnight operating costs are extremely low—similar to the cost of running a light bulb. Proven and reliable, ResMed devices require little or no servicing when properly cared for. User-friendly instructions are provided to help you get familiar with your equipment.

For online support and information, visit our Web site [www.resmed.com](http://www.resmed.com)—reliable information on sleep apnea, the risks, and treatment options.

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# SNORING & SLEEP APNEA

## WHAT SHOULD YOU DO?



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Snoring and sleep apnea are common breathing problems that can affect your sleep, health, and the quality of your life.

Often, snoring and sleep apnea come together as a package, caused by changes in your upper airway while you sleep. Your airway may narrow, limiting airflow as you breathe; it may vibrate, commonly heard as snoring; or it may collapse, so you stop breathing. This third type of change is called an obstructive apnea, and may last for ten seconds or more. Your airway may even move through all three stages.

### Why is it a serious risk to your health?

Every time an apnea occurs, your body increases its effort to breathe and your vital organs struggle for oxygen. This alerts your brain to wake up and make you breathe again. You may have several hundred apneas a night and the adverse effects on your body build up night after night, day after day.

Recent research shows that snoring and sleep apnea are associated with many serious conditions. Left untreated, your condition is a contributing risk factor in high blood pressure, heart disease, stroke, diabetes, and depression.

### Your treatment options

Positive airway pressure therapy is the most effective and widely accepted treatment for sleep apnea, and it does not involve drugs or surgery. A bedside device delivers air via a mask or nasal pillows system to keep your upper airway open.

The basic form of this treatment is continuous positive airway pressure (CPAP) or fixed CPAP therapy which provides one constant air pressure all through the night.

An alternative treatment is automatic positive airway pressure (APAP) therapy, which automatically varies the pressure all through the night and from night to night. It actively responds to the continuous changes in your upper airway.

In some cases, your sleep specialist may recommend another form of positive airway pressure therapy, called bilevel therapy. This provides a higher pressure when you breathe in, and a lower pressure when you breathe out.

Every form of positive airway pressure therapy involves wearing a mask or nasal pillows system.

### Benefits of treatment

Positive airway pressure therapy helps hundreds of thousands of people all over the world to enjoy healthier sleep and a healthier life.

Treating sleep apnea can reduce the risk of developing associated diseases. It can also help you feel more energetic so you can do all the things you want to do.

