Air Liquide | SLEEP SOLUTIONS

Therapy Partnership Program

Introduction & Ongoing Support

Making a success of your therapy

Call 1300 36 02 02 | sleepsolutionsaustralia.com

Obstructive Sleep Apnea

Many things can affect the quality of your sleep

Stress, caffeine or rich food can prevent you from getting a good night's sleep. But unknown to most, Obstructive Sleep Apnea (OSA) can have negative effects on your sleep and health.

What are the signs and symptoms?

- Excessive snoring
- Daytime sleepiness
- Gasping during sleep
- Morning headaches
- Not feeling refreshed

What is OSA?

Obstructive Sleep Apnea (OSA) is a breathing problem that occurs when we sleep. The upper airway keeps blocking, partially or totally, because the tongue and upper muscles in the throat relax, causing an obstruction in breathing (apnea) lasting over 10 seconds. This obstruction or pause in breathing occurs repeatedly throughout the night. The pauses are followed by gasping, snoring and/or restlessness.

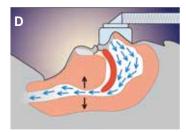
During normal sleep (A)



The muscles that control your tongue and soft palate hold the airway open. If these muscles relax, your airway will become narrower **(B)**



The soft or floppy part of the throat vibrates; the noise of snoring results. If your throat is already narrow, or the muscles relax too much, your airway can become completely blocked **(C)**

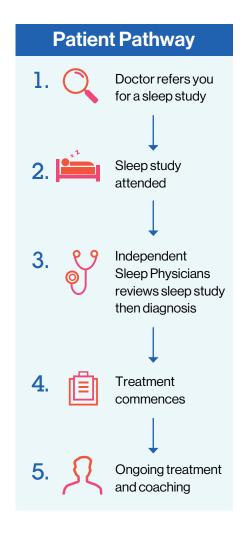


The most common treatment for OSA is CPAP (Continuous Positive Airway Pressure) therapy. CPAP provides light air pressure to hold your airway open and, as a result, allows for uninterrupted sleep throughout the night. Normally the air is delivered through a small mask worn over your nose during sleep **[D]**

Why is sleep so important to health?

Good sleep is vital for healthy living. In fact, it is as important as good nutrition and physical fitness. If you are not sleeping properly, you'll be tired and unable to enjoy life to the fullest. Your work and relationships may suffer and you could even develop serious health problems.





Therapy Partnership Program | Introduction

First Consultation

DAY1

Your experienced Sleep Consultant will review your treatment recommendation and provide education and support for optimal therapy results.

- Education on Obstructive Sleep Apnea (OSA) and PAP therapy
- Issuing PAP equipment, including mask and device
- Ensure correct set up and mask fitting to suit each individual's specific needs

Therapy support call from our dedicated Care Team – DAY 2-4

- PAP device and mask assistance
- Treatment & education information emailed
- Utilization of remote monitoring to check your therapy data
- Therapy Coaching

Days Following

Based on data collected

- PAP device and mask assistance as required
- Treatment & education information emailed as required
- Troubleshooting assistance

Days Following

Therapy Partnership Program | Ongoing

DAY1

Day 1

2

- Return of Air Liquide PAP device and supply of purchase or rental device
- Programming of device and education of personalised comfort settings
- Education on PAP device apps

Days Following – Based on data collected

- PAP device and mask assistance as required
- Treatment & education information emailed as required
- Utilization of remote monitoring to check your therapy data (not available on rental)
- Troubleshooting assistance
- Follow up at 1 week, 1 month, 3 month and 6 months thereafter
- Annual equipment servicing available, fees apply

Useful tips

Mask Fitting Guide

A well fitted mask is the key to successful therapy



Full face

- The full face seals off the mouth and the nose
- Allows mouth and nose breathers
 a quality seal
- Ideal for those who:
- require high pressures
- cannot breathe through nose



Nasal

- The nasal mask is ideal if you breathe through your nose
- Has the largest variety of sizes
- Ideal for those who:
- require high pressures
- prefer a smaller mask
- active sleepers



Nasal pillow

- The nasal pillow is the smallest and most lightweight
- The minimal design provides a seal around each nostril
- Ideal for those who
- require low pressures
- read or watch tv with/without glasses

Let us help find the best mask for you

PAP Cleaning Schedule	9
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Mask	Tubing	Humidifier	Machine	Filter
Daily • Wipe cushion with PAP mask wipes (warm soapy water can also be used • Air dry during day (avoid direct sunlight)	Weekly • Hand wash with mask & soap wash (warm soapy water can also be used • Air dry during day (avoid direct sunlight)	Daily • Remove humidifier • Empty remaining water • Rinse with warm water • Air dry during day (avoid direct sunlight)	Weekly • Wipe with PAP mask wipes	 Weekly Check for dust build up Ensure filter is not rotated when returned to machine (can suck debris into motor)
Weekly	Monthly	Weekly	1-2 years	1-6 months
Handwash all parts with mask & hose soap (warm soapy water can also be used	Check for holes and damage	 Dismantle humidifier Soak 30 mins in 1 part vinegar and 5 parts warm water Rinse thoroughly 	Service machine	Replace filters as needed
 Air dry during day (avoid direct sunlight) 		before next use		Bundle & save
				10% OFF
	& hose Tubing ap brush	ResMed S10/ Philip Drea S9 filters Station fil		

Proper upkeep of your CPAP machine can help ensure the device functions properly. "It is vitally important to keep everything as clean as possible, as hoses/tubing and masks can be a prime breeding ground for bacteria and mold," said Phoebe Ochman, director of Communications for Sleep Apnea Treatment Centers of America.

https://www.philips.com.au/c-e/hs/better-sleep-breathing-blog/better-sleep/keeping-it-clean-cpap.htm the standard stan

Your Treatment Options

Buy your PAP today



Finance Plan



Subject to stock availability. NOTE: See rental agreement for full terms & conditions. All prices include GST.

When intolerant to PAP Therapy

Oniris[®]

- Thermoplastic adjustable mouth guard
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- ALH is the only distributor in Australia



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Check us out online!

Connect with us for helpful tips to improve your therapy!



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