

Therapy Partnership Program

Introduction &
Ongoing Support

Making a success of
your therapy

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.

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.



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]**

Patient Pathway

-  Doctor refers you for a sleep study
-  Sleep study attended
-  Independent Sleep Physicians reviews sleep study then diagnosis
-  Treatment commences
-  Ongoing treatment and coaching

Therapy Partnership Program | Introduction

First Consultation

DAY 1

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

Day 1

2

Days Following

Therapy Partnership Program | Ongoing

DAY 1

- ✓ 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

Day 1

Days Following

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

Mask	Tubing	Humidifier	Machine	Filter
<p>Daily</p> <ul style="list-style-type: none"> • Wipe cushion with PAP mask wipes (warm soapy water can also be used) • Air dry during day (avoid direct sunlight) 	<p>Weekly</p> <ul style="list-style-type: none"> • Hand wash with mask & soap wash (warm soapy water can also be used) • Air dry during day (avoid direct sunlight) 	<p>Daily</p> <ul style="list-style-type: none"> • Remove humidifier • Empty remaining water • Rinse with warm water • Air dry during day (avoid direct sunlight) 	<p>Weekly</p> <ul style="list-style-type: none"> • Wipe with PAP mask wipes 	<p>Weekly</p> <ul style="list-style-type: none"> • Check for dust build up • Ensure filter is not rotated when returned to machine (can suck debris into motor)
<p>Weekly</p> <ul style="list-style-type: none"> • Handwash all parts with mask & hose soap (warm soapy water can also be used) • Air dry during day (avoid direct sunlight) 	<p>Monthly</p> <ul style="list-style-type: none"> • Check for holes and damage 	<p>Weekly</p> <ul style="list-style-type: none"> • Dismantle humidifier • Soak 30 mins in 1 part vinegar and 5 parts warm water • Rinse thoroughly before next use 	<p>1-2 years</p> <ul style="list-style-type: none"> • Service machine 	<p>1-6 months</p> <ul style="list-style-type: none"> • Replace filters as needed

Bundle & save
10% OFF



PAP Mask wipes



Mask & hose soap



Tubing brush



ResMed S10/S9 filters



Philip DreamStation filter



F&P SleepStyle filters



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>

Your Treatment Options

Buy your PAP today



Starting from
\$1,174
incl GST

Finance Plan

Interest free,
nothing to pay
upfront, flexible
repayments



Rental Plan

GOLD

\$80/month
18 months
FREE Mask!

SILVER

\$90/month
6 months

BRONZE

\$100/month
1 months

RENTAL
starting from
\$20 a week.

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
- Remold up to 5 times
- ALH is the only distributor in Australia



O₂ Vent™ Optima

- Customized 3D print mouth guard
- Telehealth or in person consult with dentist
- Impression kit + final product can be sent to your home or provided at participating clinics



NightShift™

- A single charge can last for up to 3 nights
- Lightweight
- Patients can fall asleep in any position size fits most



Join our lifetime Membership Program

PAP Consultation

Mask Trial

PAP Equipment Fitting Adjustment

PAP Check Up

PAP Therapy Download

No Membership

\$30

\$35

\$30

\$50

\$15

BASIC My Vitality Club

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\$25

\$20

\$30

\$5

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Save \$65
in year 1
+
10% Discount Voucher

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Free

Free

Free

Free

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+
2 x 10% Discount Vouchers



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Over 120 locations across Australia!



Australia's largest facilitator of sleep diagnostics, treatment and patient management services for patients with sleep apnea.

Visit sleepsolutionsaustralia.com/therapy-locations/ to see a list of our locations

Check us out online!

Connect with us for helpful tips to improve your therapy!

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