The background of the entire page is a composite image. The top half shows a dark blue night sky filled with numerous bright, multi-pointed stars. The bottom half shows a sunset or sunrise over a range of dark, silhouetted mountains. The sky transitions from a deep blue at the top to a bright orange and yellow near the horizon, with some wispy clouds catching the low light.

CPAP & EverSleep

Be In the Know!

**HOW TO MAKE SURE YOUR CPAP
MACHINE IS DOING ITS JOB**

BY CHRIS CROWLEY & RAMI QAMAR

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CPAP and EverSleep Be In the Know!

You go to bed with your trusty CPAP machine by your side, the mask attached and machine purring away as usual.

You've woken up tired for the last few weeks, but deadlines and family have affected you lately, that must be it right?

You go to sleep, not aware that the characteristic sound of the machine has slowly changed over the last month...



John has had many bad nights of sleep lately, and can't figure out why. He uses a CPAP machine, eye mask, and reduces noise in his bedroom. It has always worked until just a few weeks ago...

Note: Don't use a CPAP machine or want to know more? Skip to the 'Why would I need a CPAP Machine' Chapter!

The New Technology that Helps you Understand Your Sleep

Let's pause for a minute to talk about a new technology called EverSleep. It's a simple wrist unit that uses patent-pending sleep monitoring technology to bring great sleep to the palm of your hand. If you:

- Are tired again when you used to feel refreshed.
- Can't go to sleep on time.
- Constantly waking up throughout the night.

Check that your therapy still effective. EverSleep empowers you to monitor your own treatment!

EverSleep helps you understand your sleep better, it:

- Records answers to several questions about your sleep history, and about your day.
- Then continuously measures your sleep movement patterns, along with snoring, pulse rate, and blood oxygen level.
- The EverSleep virtual coach then tells you WHY you slept poorly, and HOW to improve your sleep. It differentiates between many sleep problems.

Now the magic happens! In the morning, EverSleep gives you virtual coaching tips directly related to your specific sleep problems. Once you understand WHY you are sleeping poorly, EverSleep teaches you HOW to improve your sleep.

Putting the Pressure On

A CPAP machine requires a significant amount of upkeep to keep it running smoothly. The mask, tubing, humidifier chamber, and pump all have their own considerations when it comes to maintenance—even your CPAP machine should be replaced every 5 years! Here's a typical CPAP machine to illustrate this.

Headgear

Replace Frame every 3mo.

Replace Straps every 6mo.

Tubing

Clean daily

Replace every 3mo.

Humidifier

Clean daily

Replace filter every 14 Days.

Replace Water chamber every 6mo.

Mask

Replace Seals Every 14 – 30 Days.



Resmed Guidelines for replacing CPAP components: <https://www.resmed.com/us/en/consumer/products/resupply/knowning-when-to-replace-your-supplies.html>

It's easy to see from the diagram above that many of the components require regular maintenance – some needing replacement after only 14 days of use! With regular cleaning & care the life expectancy of these components can be extended, and that includes the CPAP machine itself!

Some issues can arise from poor CPAP maintenance including:

Tubing:

- Small holes or tears can leak air, affecting the pressure delivery of the CPAP system.
- Buildup of bacteria can also cause odor and affect your health.

Filters:

- Clogged or neglected filters can reduce air pressure.
- Mold, bacteria, and dust will accumulate here if not replaced.

Humidifier/Water tank:

- Pitting and mineral deposits will develop, over time, from use of regular tap water.
- These act as breeding grounds for bacteria that can make you sick.

Headgear & Frame:

- Mask headgear, frame, and chin straps can lose elasticity, and cushioned parts will lose rigidity.
- This will affect the comfort of the wearer over time.
- These parts can also trap sweat and discolor with time.

Mask:

- A breakdown in the seals or pillows can cause leakage of airflow.
- This will also decrease the wearer's comfort.

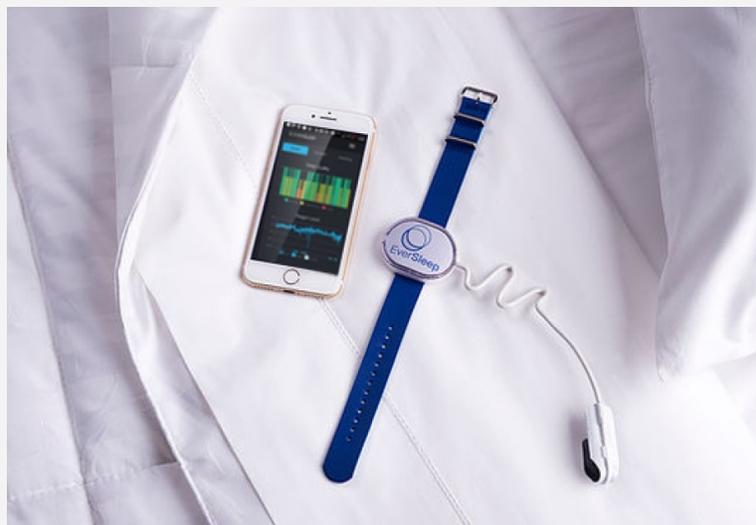
With the complexity of maintaining all of these components, how do you know for sure that everything works if you're regularly using your CPAP machine? EverSleep gives you the insight you need to confirm your sleep quality!

EverSleep is your CPAP Sidekick!

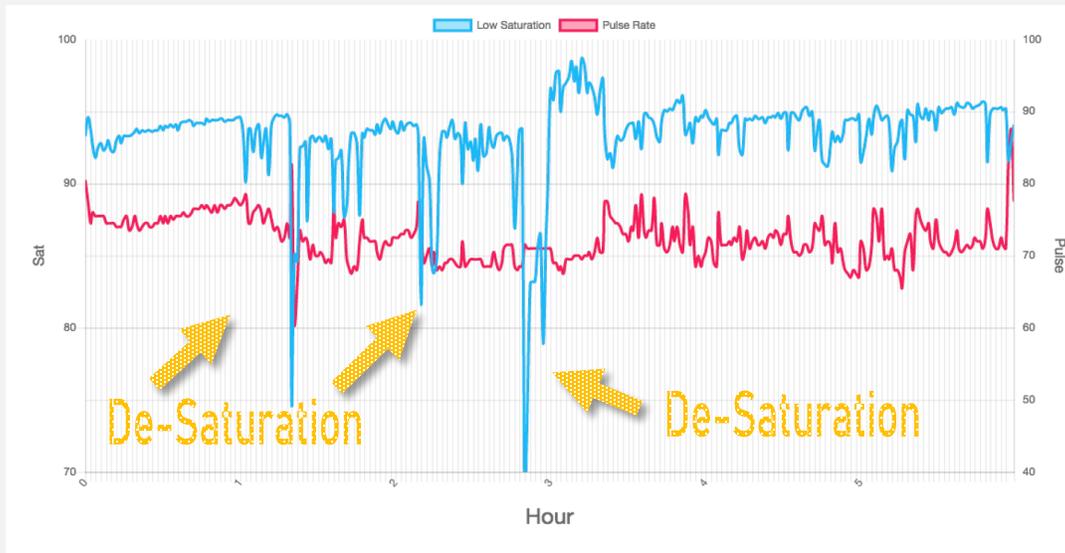
An EverSleep can give you valuable insight into the workings of your CPAP unit, and track your sleep quality to ensure you're getting the rest your body needs!

The first step to verifying your machine works to make sure you are sleeping well. EverSleep will track your oxygen levels and alert you in the morning if you aren't breathing correctly... and if that CPAP machine does the trick, then you have nothing to worry about!

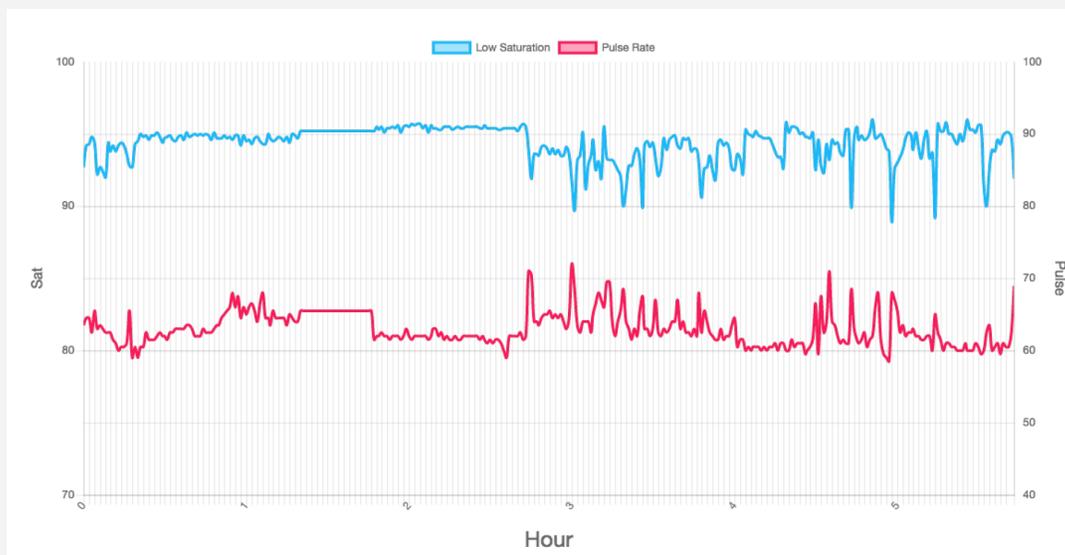
Did you know your pulse rate spikes every time you are woken by Sleep Apnea? That's your body's way of saying – 'Hey, wake up and take a breath!' EverSleep tracks your pulse rate also. The built-in coaching intelligently analyses pulse rate, blood oxygen, and motion to identify sleeping issues. When you wake up, it'll guide you through what you need to do to sleep soundly every night.



Checking in with John, who purchased an EverSleep to find out why he was waking up tired for the last few weeks. It was easy to see the culprit after just one night... This is what his **Oxygen level** (in **Blue**) and **Pulse Rate** (in **Red**) looked like that night:



John isn't breathing well at night. He struggles for air, dipping as low as 70% oxygen saturation. At this level, over time, there is a high chance of causing lasting damage to your body! This shouldn't be happening with a CPAP machine, and EverSleep suggested John should check his machine and consult a doctor. Here are John's results a few days later:



John's CPAP was 7 years old, so John's Doctor recommended he get a new CPAP machine and change the type of mask he used. He is now breathing easy every night and feels great every morning! He uses EverSleep to check every time he suspects something is wrong.



You can wear Eversleep a few nights a month, and that's enough to make sure you're still sleeping well. Think of it as an insurance policy for your beauty sleep! Take the first step - purchase an EverSleep at www.GetEverSleep.com

Important Note

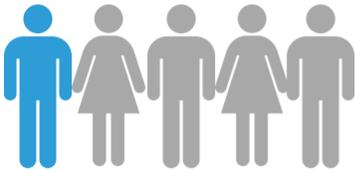
EverSleep is not an FDA 510(k) cleared device, and does not claim to diagnose, treat, or cure any disease. No Somno Health Incorporated employee is a clinician, and we do not give medical advice. Talk to your doctor before starting any health improvement program, including using EverSleep.

Why Would I Need a CPAP Machine?

One in five people suffer from Sleep Apnea. What is it, you might ask? Sleep Apnea is a medical disorder that can reduce or completely stop your breathing during sleep.

Interrupted breathing can be serious, causing a period of oxygen deficiency in your sleep, and forcing your brain to 'jolt' you awake so you can breathe again.

Sleep Apnea events can occur many times a night, up to *thirty times an hour* in severe cases. Once you start doing the math, it's easy to see how this condition can lead to long-term poor sleep!



**At least 1 in 5 Americans
suffer from Sleep Apnea**

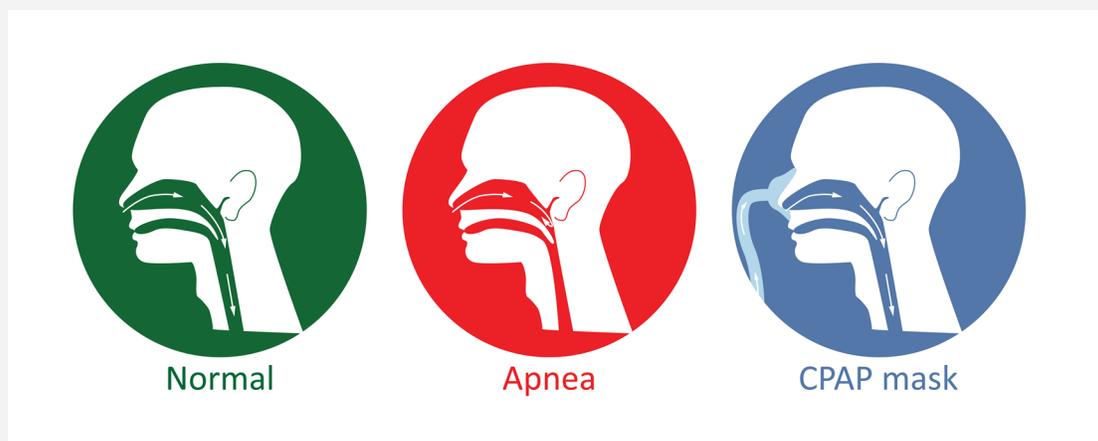
[sleephealth.org]

There are two types of Sleep Apnea - Obstructive and Central. Obstructive Sleep Apnea, also called 'OSA', is the most common type. It affects 98% of patients with Sleep Apnea and will be our main focus for this booklet.

Sleep Apnea is caused by a partial or total blockage of the airway during sleep, typically resulting from the anatomy of your throat closing when the respective muscles are in a relaxed state.

When you sleep, your tongue, nose, and throat muscles go into a relaxed state and sag narrowing the airway to your lungs.

This commonly causes a vibration in the airway, widely known as Snoring, which can also develop into OSA. The easiest remedy for OSA is to open up the airway, and a CPAP machine is designed to do this task well.



A CPAP machine, or Continuous Positive Airway Pressure, works by delivering a constant airflow through your nasal passage, and mouth in some cases.

The flow pushes your epiglottis (which guards your lungs from uninvited food particles when you swallow) open and lets the air in, allowing you to 'breathe easy' through the night and stops your brain from waking you up in a panic...

You can finally get the deep, restorative sleep that you need. But how do you know if your CPAP stops working!?

Check for yourself with an EverSleep!