I have sleep apnea.
Now what?
That’s significant because sleep apnea is a serious condition. In addition to leaving you feeling excessively tired during the day, it can cause morning headaches, irritability and depression. It has also been associated with a number of other significant medical conditions, including:

- High blood pressure
- Heart disease
- Heart attack
- Irregular heartbeat
- Stroke
- Type 2 diabetes

That’s why PAP therapy is a noninvasive, highly effective treatment that gently blows air into your nose and/or mouth to prevent your airway from collapsing while you sleep.

By taking your therapy to heart and wearing the system every night, you can see a dramatic improvement in daily life and your overall well-being. Some of the benefits of treatment include:

- Increased energy level and attentiveness during the day
- Fewer morning headaches
- Reduced irritability
- Improved memory
- Less waking during the night to go to the bathroom
- Increased ability to exercise
- Improved overall quality of life

The key to realizing these benefits is to stay committed to your treatment every single night.

Your PAP therapy platform will include:

- **Mask that you will wear nightly** — There are a variety of styles available to help you find the most comfortable fit and feel. If you generally breathe through your nose while you sleep, DreamWear under the nose nasal mask is likely your best option. Or, if you breathe through your nose and mouth, Amara View minimal contact full face mask may be the better option for you.

- **DreamStation sleep therapy system** — This is the base unit that generates the positive air pressure. These highly engineered devices include the flow generator, mask and proprietary algorithms that adjust the therapy to your needs. You can enhance the therapy experience by upgrading your system with a heated humidifier, heated tubing and other options that can make it easier and more comfortable to continue therapy.

- **DreamMapper** — App and web-based software can help you to stay motivated with your sleep therapy. With Philips Respironics DreamStation, the information recorded by DreamMapper can be sent directly to your homecare provider to keep the therapy team well-informed and able to assist with your therapy as needed.

According to the American Academy of Sleep Medicine, 24% of men and 9% of women are living with this breathing disorder — 80–90% of whom are undiagnosed.

24% of men are living with sleep apnea

9% of women are living with sleep apnea

Understanding sleep apnea

The benefits of PAP therapy

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The first thing to know about sleep apnea is that **you are not alone.**

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That’s significant because sleep apnea is a serious condition. In addition to leaving you feeling excessively tired during the day, it can cause morning headaches, irritability and depression. It has also been associated with a number of other significant medical conditions, including:

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- Stroke
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The good news is that sleep apnea can be easily, comfortably treated. Your provider has prescribed one of the most effective treatments available today: positive airway pressure (PAP) therapy. Understanding and staying committed to your PAP therapy can help you get the sound sleep that can improve your life and your well-being.


**DreamMapper is available currently in the U.S., Canada and certain international locations. To see which therapy devices are compatible with DreamMapper, visit: www.dreammapper.com/compatible.
Finding the right mask for you

“After putting DreamWear on the first time, I just loved it. There was a lot more freedom of movement with it... It’s one of the best masks I’ve ever used.”
– John H., Sleep Apnea Patient

“Using Amara View, I think my quality of life was a little bit better because I had the option of putting my mask on as soon as I got into bed. I could lay down, I could watch TV and I could read without having to try and figure out how I was going to do that.”
– Ruth S., Sleep Apnea Patient
In the past, one of the biggest obstacles to staying committed to sleep apnea treatment was the PAP therapy mask.

But innovations in materials and design have led to a variety of designs that are more comfortable and less restrictive. Your homecare provider can walk you through all mask and headgear options to help you find the one that works best for you. We’d like to introduce you to two of those options from Philips Respironics.

**DreamWear**
under the nose nasal mask

If you normally breathe through your nose when you sleep, a nasal mask may be the right solution for you. The DreamWear nasal mask is the closest thing to wearing no mask at all. With its remarkably soft feel, unique in-frame air-flow and an innovative air tube connection at the top of the head, DreamWear provides exceptional comfort, an excellent fit and the ability to choose your most comfortable sleep position.

- Soft, flexible silicone frame and fabric wraps provide a soft touch on the cheek.
- An innovative design that does not directly contact the bridge of the nose, preventing red marks, discomfort or irritation.**
- Fall asleep to TV or your favorite book with a full field of vision and a less-restrictive feeling.
- Three sizes of frames and four sizes of nasal pillows for a more comfortable, customizable fit.

**Amara View**
minimal contact full face mask

If you typically breathe through your mouth while you sleep, a full face mask is likely your best option. Amara View is our unique innovation that’s designed to provide comfort and an open field of vision.

- Design prevents red marks, discomfort or irritation on the nose bridge*  
- The smallest and lightest† of all leading full face masks  
- Widest field of vision of all leading full face masks*  
- Allows you to wear glasses, read and watch TV  
- No bulky cushion and frame in front of your face and eyes

*Internal testing; data on file  
†Without quick release tube

**Comfort** and usage tips

A comfortable mask that fits you properly is vital to the effectiveness of your sleep apnea therapy.

The following tips can ensure that your mask will help you stay committed to your therapy:

- The smallest size mask that fits without pinching should be used.
- The mask should be fitted while you are in a sleeping position and with air blowing at the prescribed pressure through the tubing and mask.
- Headgear should be secure but not too tight. If your mask has a forehead arm or adjustment feature, adjust that first. Adjust straps to minimize air leaks, especially into the eyes.
- The cushion should not be crushed against the face.
- A tight fit is not necessary for effective therapy. By tightening, folds are created in the material creating a path for leaks. Try loosening the mask if leaks are present.
- Mark the headgear straps with permanent marker to remember where they should be fastened.
- Remove the mask by pulling it over your head or use the quick-release clip.
- Do not block the exhalation port between the mask and the connecting tubing from the device. Position the port away from your bed partner.
- You may want to consider looping the tubing over the headboard to reduce the pull on the mask.
- If you use a full face mask and wear dentures, remember that if your mask was fitted with your dentures in, your mask may not fit properly if worn without your dentures.

For any mask you choose, consult your manual for proper maintenance and cleaning instructions. Inspect your mask often for wear and tear, and if you think it’s ready for replacement, contact your homecare provider.

*2015 User Preference Questionnaire, data on file  
**Mask does not directly contact the bridge of the nose or nostrils

To see informational videos on DreamWear, Amara View and other mask options from Philips Respironics, visit sleepapnea.com.
Getting to know your therapy device

Before you begin your sleep apnea therapy, it’s a good idea to understand the features and benefits of your therapy device.

There are two basic options in PAP therapy — Continuous Positive Airway Pressure (CPAP), which delivers a steady, gentle flow of air throughout the night, and Bi-level Positive Airway Pressure (BiPAP), which delivers lower pressure when you exhale and higher pressure when you inhale. BiPAP devices are sometimes prescribed for patients who have trouble tolerating one constant pressure from a CPAP device.

Your homecare provider can show you a variety of therapy device options to find the one that works best for you. We’d like to introduce you to a Philips Respironics option that is designed to make it easy to start and stay committed to your therapy.
**DreamMapper**

* is a mobile and web application that keeps you actively informed about your previous night’s therapy — including information like mask fit and therapy hours — so you know you are getting what's needed for the great night's sleep you deserve.

- Delivers daily feedback on your progress.
- Set and track custom goals, and unlock achievements.
- Provides coaching, advice and informational videos to help you stay motivated.
- Allows you to set reminders to clean or replace equipment.
- Sends important notifications about your therapy and DreamMapper-compatible equipment in your feed.

**DreamStation**

sleep therapy system

Our most innovative sleep therapy technology, DreamStation is designed with the patient in mind to help you manage your care with confidence.

With easy-to-navigate menus, a sleek, compact design and remarkably quiet operation, DreamStation makes it simple to start, customize and continue your OSA therapy.

- Controls and interface at the end of the unit for better visibility from your bed.
- Colorful display with an icon-based navigation system.
- Connects remotely to your care team.
- The most complete selection of wireless options among the leading PAP brands — including Bluetooth, Cellular and Wi-Fi — that connect to a smartphone app to simplify and customize therapy management.*
- Performance Check feature gives you peace of mind.
- SmartRamp option that reduces air pressure when you are trying to fall asleep and then gradually increases pressure to your prescribed setting.
- Daily progress screens allow you to track your previous three nights’ progress.


DreamMapper is available currently in the U.S., Canada and certain international locations. To see which therapy devices are compatible with DreamMapper, visit: www.dreammapper.com/compatible.

Visit sleepapnea.com to see in-depth videos on DreamStation, and to learn more about your therapy device options.

*DreamMapper is available currently in the U.S., Canada and certain international locations. To see which therapy devices are compatible with DreamMapper, visit: www.dreammapper.com/compatible.
Your PAP therapy replacement schedule

To get the most beneficial performance from your positive airway pressure (PAP) therapy, your equipment should be replaced when necessary based on wear and tear. For example, your mask may need to be replaced if you notice it is cracked or the seal is leaking. If your tubing is torn, it needs to be replaced as well.

If your equipment is showing signs of wear, you may be entitled to replace it. The replacement schedule for Medicare patients is shown below. If you are not a Medicare patient, please check with your homecare provider for your individual insurance policy’s replacement schedule.

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Medicare</th>
<th>My Insurance Plan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mask (not including headgear/straps)</td>
<td>1 per 3 months</td>
<td></td>
</tr>
<tr>
<td>Nasal replacement cushion</td>
<td>2 per month</td>
<td></td>
</tr>
<tr>
<td>Pillows replacement cushion</td>
<td>2 per month</td>
<td></td>
</tr>
<tr>
<td>Full face cushion</td>
<td>1 per month</td>
<td></td>
</tr>
<tr>
<td>Headgear</td>
<td>1 per 6 months</td>
<td></td>
</tr>
<tr>
<td>Chin strap</td>
<td>1 per 6 months</td>
<td></td>
</tr>
<tr>
<td>Tubing</td>
<td>1 per 3 months</td>
<td></td>
</tr>
<tr>
<td>Filter, fine disposable</td>
<td>2 per month</td>
<td></td>
</tr>
<tr>
<td>Filter, gross particle foam</td>
<td>1 per 6 months</td>
<td></td>
</tr>
<tr>
<td>Therapy device</td>
<td>1 per 5 years</td>
<td></td>
</tr>
</tbody>
</table>

Keep a record of your PAP information

Homecare provider name and contact info: ________________________________________________
Device name and serial number: _______________________________________________________
Humidifier serial number: ____________________________________________________________
PAP settings: _______Flex (if applicable) _______Ramp: ___________________________
Mask name and size: _________________________________________________________________
Setup date: _______________________________________________________________________

Answers to commonly asked questions

As your treatment program begins, you’re likely to have many of your own. Here are answers to questions we hear most often when therapy begins.

When should I start feeling better after beginning to use my PAP device?
Most patients begin feeling better within two to four weeks. However, it is not unusual to take a little longer.*

I have a mustache or beard. Which mask is best to use?
The best way to know for sure is to try on different options with your homecare provider.

What if I still snore while using my PAP device?
Your PAP device should prevent snoring. If it’s still happening, contact your doctor to see if your prescribed pressure needs to be adjusted.**

What if my old symptoms reappear?
You should contact your doctor to see if your prescribed pressure needs to be adjusted.

If I need to be hospitalized for any reason, should I take my device with me?
Yes. Always inform the doctor treating you for sleep apnea that you’re going into the hospital. If you’re having surgery, it’s important to let your surgeon and anesthetist know you’re using PAP at home.

Should I use my PAP device when I travel?
Absolutely. It’s important that you use it every night. There are travel accessories that can make it more convenient. Also, you should call your airline to learn any special screening procedures and bring a copy of your PAP machine prescription.

I’m noticing red marks on my skin around the mask area. What options are available to me?
Irritation could be a sign that your mask is too tight. If your mask has a forehead arm or adjustment feature, try readjusting that first, then readjust the headgear straps if necessary. You may also have the wrong mask size. See your homecare provider for a mask fitting. Nasal pillows or a full face mask may also provide a better fit.

How can I tell when my mask is worn out?
You will see signs of wear, including stiffness, cracks or tears. If you do, it’s time to replace your mask.

** Division of Sleep and Circadian Disorders, Brigham and Women’s Hospital, “http://MyApnea.org”
How do I adjust to using CPAP therapy?

Your new treatment program is an adjustment. It’s a change in behavior and a change back to a normal sleep pattern.

If you’ve been on therapy awhile and still have concerns:
- Call your homecare provider or prescribing physician to discuss your issues.
- Ask your homecare provider or doctor if you are eligible for available comfort features such as bi-level or auto-CPAP therapy.
- Consider attending a patient support group, such as A.W.A.K.E. (Alert, Well, And Keeping Energetic), which can provide helpful information to improve your CPAP comfort and use. A.W.A.K.E. groups can be found by calling the American Sleep Apnea Association at 1-888-293-3650.
- Visit sleepapnea.com for other resources and helpful tips on our products.