

SLEEP APNEA STUDIES



Stable Bedtimes correlate to CPAP adherence

Having a consistent bedtime is shown to have an impact in the compliance or adherence of CPAP users. In a 2013 study by Penn State University, researchers found that a consistent bedtime (within 45 minutes), especially during the first month of treatment, is significant to helping people with OSA adhere to their prescribed treatment. They defined adherence as using the CPAP for at least 4 hours per night. According to Amy M. Sawyer, Assistant Professor of Nursing at Penn State University, "it has been shown that routine is important for adherence when it comes to medication, and routine is also relevant to CPAP adherence". Additionally she notes that because CPAP adds a new complexity to a person's daily routine, CPAP is a learned behavior which needs to become a habit.

CPAP vs. Mandibular Advancement Device

In a 2013 journal article by Dr. Allan Brett of the Massachusetts Medical Society, he reviewed the advantages of the CPAP and the Mandibular Advancement Device (or Oral Appliance) for the treatment of OSA. He notes that "adherence and some quality of life measures were better with the device than with CPAP". Although CPAP and the Oral Appliance both saw decreases in the apnea-hypopnea index (AHI), those on CPAP saw a significantly more normalized AHI. This was especially prevalent for patients with severe OSA. He concludes that CPAP reduces the number of apneas more effectively and appliances are sometimes tolerated better, therefore "both modalities should be considered as acceptable first-line treatments".



WELCOME

The staff at Coastal Sleep would like to take this opportunity to welcome our previous clients and new members of CPAP therapy to our second annual SNEWS newsletter. This newsletter will highlight some of the new equipment introduced this year as well as enlighten you with current studies related to sleep apnea.

The technology to treat OSA has evolved to more quieter machines and masks which virtually emit no noise from the exhaust ports. The masks are more lightweight, so the user does not feel the weight of the mask on their face. In this edition, we will also discuss battery options for those clients who love to camp and require a portable battery.

As the prevalence and screening for sleep apnea grows, so does the demand for office access to our clients. We are proud to offer our services in the Fraser Valley with the addition of our new Abbotsford location. This office is open five days a week.

For those clients of our Richmond office that have had the opportunity to work with Damian Lehwald, we are proud to announce that he will be joining our team on a permanent full-time basis. He will primarily be working with clients between our Richmond and Vancouver locations. Damian worked in the Operating Room at Richmond Hospital. He will be a definite asset to our team of qualified therapists.



NEW LOCATION IN ABBOTSFORD!

LOCATIONS



Richmond
130-7360 Westminster Hwy
Richmond, BC V6X 1A1
Mon - Fri 8:30 - 5pm
(604) 279 9066



Surrey/Delta
2-6305 120th St
Delta, BC V4E 2A6
Mon - Fri 8:30 - 5pm
(604) 590 0100



Port Moody
140-2227 St. Johns St
Port Moody, BC V3H 2A6
(604) 939 3270
Call for an appointment



Vancouver
103-511 West 7th Ave
Vancouver, BC V5Z 4R2
Mon-Fri 8:30am - 5pm
(604) 325 5667



Abbotsford
301-2777 Gladwin Rd
Abbotsford, BC V2T 4V1
Mon - Fri 8:30am - 5pm
(604) 744 0115

VISIT US ON THE WEB...

Visit our website at www.coastalsleep.ca to watch our videos, fill out our customer service survey, and for more information on patient resources, sleep hygiene, as well as cleaning instructions...

and much, much more!





GUIDELINES FOR BETTER SLEEP

Getting the most sleep at night is habitual. Following these guidelines will help you wake up feeling refreshed and ready to take on the day.



- Maintain a regular or consistent bedtime and wake up time, seven days a week.
- Avoid any daytime napping so you go to bed tired, instead of wired. Avoid stimulants such as cigarettes after 7 pm, avoid things that contain caffeine after noon, and avoid alcohol before bedtime.
- Use your bedroom only for sleeping and sexual activity, not for eating or watching TV.
- Have some downtime, 1 hour before bed; try a relaxation technique.
- Avoid these stimulating activities before bed: watching TV, going on the computer, listening to music, or working.
- Exercise every day, but not within 3 hours of bedtime.
- Make time in the evening to think about and write down important things.
- Avoid heavy and/or spicy meals 4 hours before bed.

USING YOUR CPAP/BIPAP AWAY FROM HOME?

Flying

As CPAP is a medical device, it can be carried on without additional costs and does not count as a carry-on bag. Units have the capability of operating from 100-240V so they can be used in any country.

Camping & Away from AC Power

Respironics Portable Battery Pack 14.4 AH sealed lead-acid battery pack, pouch and cord.

Complete charge time 10 hrs. Battery can sit for 6-9 months when not in use, before recharging is needed.

It is recommended to not use a humidifier when using a battery pack, as this significantly reduces the battery life. Estimated battery life is 18-22 hrs, for a pressure setting of 8-10 cmH₂O (using CPAP only, no humidifier) Battery weighs about 10 lbs. **\$359** DC Power cord additional \$56



ResMed Power Station II Battery Kit Long-life lithium-ion battery and power supply unit adapter.

Use standard power supply cord to charge battery. Fully charged in 4 hours. Operates for about 13 hours with S9 CPAP (no humidifier) on pressure of 10 cmH₂O. Weighs approx. 2 lbs. **\$750**



ResMed DC Converter 24V/90W or 24V/50W

Enables units to be powered from sources like boats, RVs, cars and other batteries. This will directly attach to a cigarette lighter adapter or deep-cycle/marine battery with alligator clips. **\$120**

Alligator Clips additional \$38 (or at a Home Hardware store)



Ask your therapist for more details!

EQUIPMENT SPOTLIGHT

masks



Fisher & Paykel – Eson

Fastest fitting mask out there. Easy to clean and super quiet. Featuring a RollFit seal for an ideal fit; the EasyFrame technology with ball and socket elbow; easy clip hooks for easy removal; and advanced air diffuser to breathe easier at night.



Fisher & Paykel – Pilario

This lightweight mask is designed after the hummingbird. Its clever design integrates a minimalist headgear and a self-inflating AirPillow™ Seal.



ResMed – Quattro Air

The lightest full-face mask on the market, with only 4 parts for easy cleaning/assembly. Features a dual wall cushion, diffusing vents, and quick release elbow, making it quiet and comfortable.



ResMed – Nano

A contemporary take on the nasal mask. This mask features comfortable flexible straps; 360 degree rotating ball-joint elbow; fewer pieces for easy cleaning and a clear line of sight for the patient.



Philips Respironics – Wisp

This nasal mask design provides soft and sleek frame choices (clear or fabric) with minimal cushion. It features an open field of vision and is quick and easy to adjust.

machines

Philips Respironics System One (Auto and Pro) – 60 series •

One of the most quiet CPAP machines on the market and smaller than all previous Respironics machines. The machine is capable of recording all sleep data on a SD card or a wireless modem. A heated hose has now been added to this unit which further increases its humidity output and rainout prevention.



ResMed S9 (Auto or Fixed Pressure) – still ResMed's most popular CPAP •

Small, quiet and portable. Downloadable data through a SD card. Available with a basic slim line hose or heated climate line. This particular machine was designed with the help of the people that make Bose Speakers.



accessories

CPAP pillow **\$85**

Wipes **\$12**

Filters (always replace your filters on a regular basis) **\$16 – \$22**

Tubing **\$22 – \$85** (depending on the type of tubing)

Cushions (if you don't want to replace the entire mask) **\$22 – \$62** depending on the mask.

Snore Silencer **\$175**

