



SLEEPQUEST IS PROUD ONCE AGAIN TO BE A PARTICIPANT IN THIS YEAR'S NATIONAL SLEEP AWARENESS WEEK, MARCH 1- 8, 2009

National Sleep Awareness Week
Sleep and Healthy Behaviors

The National Sleep Foundation's 2009 *Sleep in America™* poll finds that almost one-third of Americans are losing sleep due to concerns about their personal finances and the U.S. economy. The poll suggests that inadequate sleep leads to unhealthy lifestyles and negatively impacts health and safety.

This poll also reveals striking disparities in the sleep patterns, health habits and quality of life between healthy and unhealthy Americans.

In the past eight years, the number of Americans who sleep less than six hours a night jumped from 13% to 20%, and those who reported sleeping eight hours or more dropped from 38% to 28%.

Sleep Difficulties:

Compared to others surveyed, people currently losing sleep are more likely to report:

- That their sleep needs are not being met (46% vs. 23% in 2001);
- They sleep less than 6 hours on a typical workday (35% vs. 14% in 2001); and/or
- They have driven drowsy at least once a month in the past year (41% vs. 23% in 2001).

As experts predict that the U.S. economic situation may get worse in 2009, the National Sleep Foundation encourages Americans to maintain good sleep, exercise and diet routines to help combat anxiety and improve health and productivity. People should speak with their doctor if they are experiencing sleep problems.

Poll Methodology

The 2009 *Sleep in America™* poll was conducted for the National Sleep Foundation by WB&A Market Research, using a random sample.

SleepQuest offers a large selection of masks interfaces!

Back in 1996, there were only a handful of masks that a patient could choose from. Over the past 13 years,

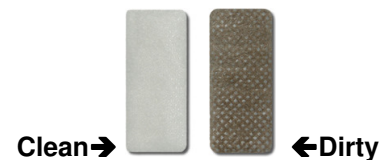
manufacturers of PAP supplies have continued to release lighter, quieter, more comfortable and effective nasal interfaces. In 2009, SleepQuest offers more than 30 different nasal and full face masks- potentially a perfect design for everyone! If you are curious to see if there is a better mask now available for you, contact your Sleep Care Specialist at SleepQuest to arrange a mask fitting appointment. Your insurance plan will most likely cover a new mask every three months. Remember, our masks come with a 30 day guarantee.



Seasonal Suggestions

How clean is the air you are breathing?

We are often surprised how many PAP users don't know that their device has an air filter. Patients who replace them regularly understand the importance this tiny piece of material has for cleaning the air that flows through the device into their mask.



What happens when filters are not replaced regularly?

- Dirty filters lose their effectiveness in removing particles from the air that enters the device, which may trigger allergies.
- Dirty filters may cause the device to make excessive noise or a whistling sound, keeping the bed partner awake.
- Clean filters help keep the motor clean, which can extend the life of the device.
- We recommend that you inspect your filters at least once per month, and replace if they are discolored.

It's a good idea to keep at least one replacement filter on hand before your next supply order is filled. When was the last time YOU checked your filters?

You asked: "Why did my doctor prescribe an Auto-PAP and how does it differ from a CPAP device?"

Our staff frequently receives this question from patients. Many times, patients bring us their prescription but have not been informed as to why their doctor is recommending this device for their treatment. The key difference with an AutoPAP is that unlike a CPAP which blows a fixed pressure level all night, an APAP starts at a lower pressure, and then gradually increases the pressure as needed to avert airflow restrictions. By starting at a lower setting, it allows the patient to fall asleep more easily. When the device detects instability in the airway, it will gently increase the pressure until the apnea has been resolved, and then slowly ramps back to lower pressures.

Though each patient's situation is different, we usually explain that based on the titration study that was performed; the doctor believes that the patient has a better chance of being more comfortable /compliant with PAP therapy if there is a range of pressures instead of a fixed setting especially if the fixed pressure is over 10 cm H2O. Auto adjusting PAP devices are usually set by the clinician with two pressures; a minimum and a maximum setting. As an example, the prescription may indicate 8 – 15 cm H2O. In this situation, the pressure can fluctuate within this range throughout the night.

Sometimes patients are prescribed AutoPAP devices after they have had a sleep study which did not include a titration study. For these patients, the prescribing doctor typically requests the patient be set up on an AutoPAP. Depending on the patient's insurance plan, this may or may not be acceptable or it may require further documentation. Patients may also be required to pay an upgrade charge for these devices as they cost more for the provider to obtain, and the insurance companies usually do not recognize the differences between these two devices. APAPs also allow the provider to download data from the device which may be very helpful in fine-tuning the pressure settings.

What's In a Name?

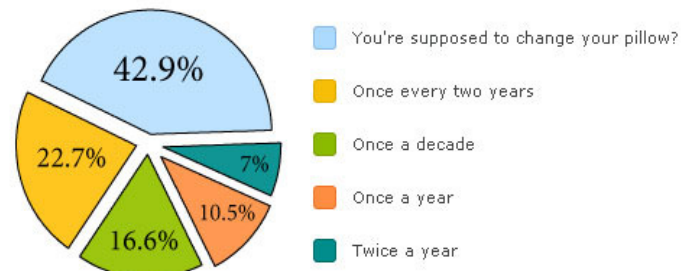
Just as this year continues to be a transitional year for American's everywhere, companies also had to make changes to stay in business or to keep their competitive edge. Several of our manufacturers underwent mergers last year, including Respironics, with is now part of Philips Healthcare, Inc. an international health care conglomerate. Also, Puritan Bennett, maker of the popular 420 series CPAP devices, was one of many companies drawn together to form Covidien. They have completely revamped their product line and have introduced the Sandman line of PAP devices. Through it

all, SleepQuest remains a strong, independent sleepcare company committed to providing the highest level of home sleep diagnostics and PAP treatment and supplies. We continue to provide services at our four office locations- San Francisco, San Carlos, Salinas and Fresno. If you are looking for a new PAP device, contact our offices to see the Sandman for yourself.



How Often Do You Change Your Pillow?

Research shows that pillows house thousands of fungal spores that can trigger allergies and compromise a weakened immune system. Yuck. So, not only can a pillow affect your posture and quality of sleep, it can also affect your allergies or asthma and make it difficult to get a good night's rest. That's why it's important to occasionally change your pillows. The National Sleep Foundation asked readers how often they change their pillows and here's how they responded:



Courtesy of the National Sleep Foundation

SleepQuest offers bed pillows specifically designed with the CPAP user in mind to improve breathing while sleeping. The new travel size Oxygen Pillow by European Sleep Works is one of our best selling pillows for both CPAP and non-CPAP users alike. Their tagline, "Deeper Sleep through Deeper Breathing" is right on the mark and we believe that they manufacture one of the best hypoallergenic bed pillows on the market today. The Double Edge and Mini-Edge pillows by Talk About Sleep, Inc. are also are very popular with both PAP users and non-users alike. **You can obtain these items at any SleepQuest location.**

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