

## OUR TOP TIPS FOR A GOOD NIGHT'S SLEEP

Sleep Apnea may not be the only thing affecting the quality of your sleep. Many patients that have sleep disordered breathing have developed the condition over an extended period of time. In an effort to cope with their worsening sleep and daytime fatigue, many individuals adopt unhealthy habits and attitudes towards sleep. Over time, these patterns actually impede your ability to fall asleep and stay asleep, as your body's hormone production and your brain activity aren't used to shutting down anymore. Here we have for you our top tips and ways to help you get better sleep!

### Tips to ensure your best night's sleep:

- Maintain a regular bed and wake time.
- Your bedroom should be dark, quiet, and cool.
- Use your bed for sleep or sex only!
- Ensure you have adequate sleep space and a comfortable bed. (Bed sharing or co sleeping with your children and pets may be disruptive to sleep quality)
- Use an alarm to ensure you get up on time but turn the clock away from you at night to avoid ambient light or clock watching throughout the night.
- Try to exercise daily but not within 3 hours of bedtime.
- Avoid meals or large snacks at least 4 hours before bed.
- Avoid naps during the day.
- Avoid computers and TV 1 hour prior to bedtime as these can be neurologically stimulating.
- Try a bath, shower, crossword, sudoku, reading or other quiet activities prior to bedtime.
- Avoid alcohol for at least 3 hours before bed.
- Avoid caffeine after lunch time. (Coffee, tea, energy drinks, soda, chocolate and weight loss pills)
- If you smoke, stop cigarettes after 7pm as nicotine is a stimulant.
- Allow yourself 7-8hrs for sleep each day (this is especially important if you work shift work)

### Ways to help with sleeplessness & insomnia:

- Set aside 'worry time' in the evening to think about the things that are bothering you.
- Better yet, make a list or put a note on the calendar so you can revisit them the next day.
- Give yourself permission to 'check out' for a few hours.
- If you have not fallen asleep, or you wake and cannot get back to sleep within 20-30 minutes, get up, go to another room and do something relaxing. Avoid bright lights, computers, and TV. Return to bed when you feel sleepy.
- Try a relaxation technique at least one time during the day to help reduce tension.
- Deep breathing, meditation, or progressive muscle relaxation may be helpful.
- If your sleep is fractured (broken up) try to consolidate your sleep by going to bed an hour or two later for a few weeks. Once you are sleeping through the night, gradually move your bedtime earlier by 30 minutes each week until you are getting 7-8 hours in bed each night. This will encourage your body clock to reset and will help you feel fully rested all day.

# SLEEP APNEA

A F F E C T S   Y O U R   W H O L E   B O D Y

## HIGHER RISK OF STROKE

65% of stroke patients have sleep apnea.

## HIGHER RISK OF DEPRESSION & ANXIETY

People with depression are five times more likely to suffer from sleep apnea, in addition to insomnia and poor sleep.

## IMPAIRED COGNITION

Sleep deprivation slows average reaction time by up to 30% and increases attention lapses by 150%

## HIGHER RISK OF HEART DISEASE

40-83% of patients with hypertension have sleep apnea. Studies show sleep apnea increases your heart rate and blood pressure.

## WEIGHT GAIN

Lack of sleep ( 5 hours per night) can cause snacking and weight gain of about 2 pounds in under 1 week.

## HIGHER RISK OF DIABETES

48% of type 2 diabetes sufferers and 86% of obese type 2 diabetic patients suffer from sleep apnea.

## HIGHER RISK OF CAR ACCIDENTS

36 percent of people drive drowsy or fall asleep while driving

## INCREASED SEXUAL PROBLEMS

40-60% of males with sleep apnea have erectile dysfunction. Higher rates of sexual dysfunction also found in females. Loud snoring can force bed partners to sleep in separate rooms.





## PORTABLE BATTERIES PILOT 12+24

The Medistrom Pilot 12 or 24 rechargeable lithium ion battery can be used with your CPAP machine in order to prevent your therapy from stopping in the case of an overnight power outage. They can also be used as a PORTABLE CPAP BATTERY during travel. Your CPAP Machine will run off the battery when the regular power source is not available in situations such as camping, road trips, and during air travel. These units also come with additional features that are essential during power outages such as an LED light and a USB port, which can be used for charging cell phones and other hand held devices.

## FAST FACTS

Did you know that the amount of times you visit the bathroom at night could be a sign you have Obstructive Sleep Apnea?

“ Sleep apnea triggers frequent urination. When a person has untreated obstructive sleep apnea, they make vigorous efforts to breathe against a closed airway while sleeping. This results in large negative pressures in the chest cavity. That pressure leads to the production of the hormone atrial natriuretic peptide, which induces the frequent need to urinate.

Dr. Robert S. Rosenberg  
Sleep Disorders Center of Prescott  
Valley and Flagstaff, Arizona  
[Answersforsleep.com](http://Answersforsleep.com)

## LAUGHING OUT LOUD



## EQUIPMENT SPOTLIGHT

### masks



**Philips • Dreamwear**  
The latest release from Philips is a soft silicone under the nose nasal mask. The freedom of a pillows mask without the worry of slippage and leaks.



**ResMed • AirFit™ P10**  
Our most popular nasal pillows mask. This mask is easy to wear and easy to clean and care for.



**Philips Respironics • Wisp**  
This popular mask from Philips uses a soft frame to hold the cushion in place through the night. The headgear design allows for the hose to be worn up or down to suit your sleep style.



**ResMed • AirFit™ N10**  
A light nasal mask that allows for an open field of view for the wearer. Easy magnet clips allow for ease of removal.



**Philips Respironics • Amara View**  
An intelligent new design for mouth breathers that suffer with bridge leaks or soreness. This mask allows you the freedom of under the nose ventilation as well as mouth breathing.



**ResMed • AirFit™ F10**  
A light full face mask with an open field of view for the wearer.



**Fisher & Paykel • Eson**  
An excellent nasal mask with superior cushioning and the patent roll seal makes this one of our best selling masks.



**Fisher & Paykel • Simplus**  
A softly cushioned full face mask with a patented roll seal for full face mask wearers. A popular choice in patients who require high pressures.

## machines



**ResMed • The AirSense 10 AutoSet**  
is a premium auto-adjusting device for treating sleep apnea. It automatically adjusts pressure levels to fit your changing needs to ensure you're receiving the lowest pressure necessary. It features an integrated humidifier and built in wireless communications, helping you to stay comfortable and more connected to your sleep apnea care team than ever before.



**Philips • DreamStation**  
On the market soon, DreamStation is a slick new machine designed with patient comfort in mind. Encouraging peace of mind and peaceful nights, Philips's clinically proven patient-focused sleep apnea care solutions are designed to be comfortable, natural and easy. Engaging, personalized coaching tools empower users to embrace their care with confidence.



**Z1™ • Travel CPAP**  
The Z1™ CPAP machine is the world's smallest, lightest, most integrated fixed pressure or auto cpap machine. The Z1™ is the ultimate CPAP for travelers and people with an active lifestyle and can be powered by A/C power or rechargeable battery packs.

## accessories

**Cushions** – if you don't want to replace the entire mask.

**\$27 – \$62**

*(depending on the mask)*

**Filters** – always replace your filters on a regular basis.

**\$22 – \$35**

**Wipes**

**\$12**

**Tubing**

**\$25 – \$65**

*(depending on the type of tubing)*

**Gecko Nasal Pad**

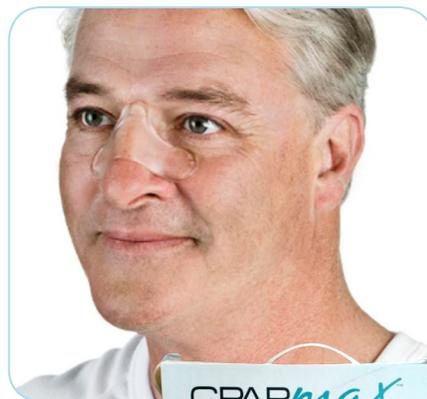
*(see main picture)*

**\$20**

Top: Gecko Nasal Pad

Left: Mask Wipes

Right: CPAP Pillow

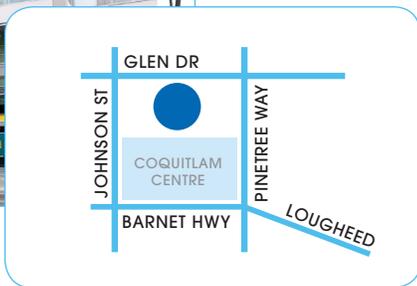


## staying connected

In the world today there are so many ways to stay connected. The world of CPAP is no exception. CPAP manufacturers have cleverly developed new machines with supporting software and applications that enable CPAP users, new and experienced, to stay connected to their therapy. This not only helps new users overcome obstacles in the first few weeks of use, but enables experienced users to track their usage, set goals, and assess their therapy.

Some of these devices allow you to upload the data card direct to your home computer, while other devices use cellular connections to gather uploaded data from the cloud. Either way, these programs can provide daily feedback which enables users to stay engaged and often helps streamline the process of adapting to therapy.

Visit [Sleepmapper.com/videos.html](http://Sleepmapper.com/videos.html) and [Resmed.com/myair](http://Resmed.com/myair) for more information.



## NEW LOCATION IN COQUITLAM!

Our Port Moody office has relocated to Coquitlam. We are conveniently located above Brown's Social House Restaurant. We have expanded our space to accommodate the increase in demand for sleep apnea screening and treatment. This office is open five days a week for your convenience.

602-2950 Glen Drive, Coquitlam, BC

**NOW OPEN** Monday – Friday 8:30am-5pm

Call (604) 939-3270

## WORKING AROUND THE WORLD

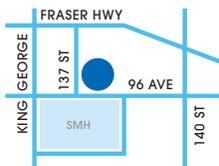
Coastal Sleep works with *Respiratory Therapists Without Borders* to provide respiratory equipment and education globally. Coastal Sleep was recently recognized for our contribution to a project in the Himalayas treating patients with High Altitude Pulmonary Edema (HAPE). Coastal Sleep donated CPAP machines to help treat these patients in the acute phase while they awaited helicopter evacuation from the mountainside. So far 8 people have been successfully stabilized prior to transfer.

## LOCATIONS



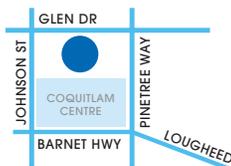
### Richmond

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



### Surrey

602-13737 96th Ave,  
Surrey, BC V3V 0C6  
Mon – Fri 8:30am – 5pm  
(604) 590 0100



### Coquitlam

602-2950 Glen Drive  
Coquitlam, BC  
Mon-Fri 8:30am-5pm  
(604) 939-3270



### Vancouver

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



### Abbotsford

302-33140 Mill Lake Rd  
Abbotsford, BC V2S 2A5  
Mon – Fri 8:30am – 5pm  
(604) 744 0115

**VISIT US ON THE WEB - [WWW.COASTALSLEEP.CA](http://WWW.COASTALSLEEP.CA)**