

A man with short brown hair and a light beard is lying in bed, wearing a white Philips Respironics CPAP mask. He is wearing a green t-shirt and looking down at a white envelope or box in his hands. The background shows a beige quilted blanket and a white pillow.

PHILIPS

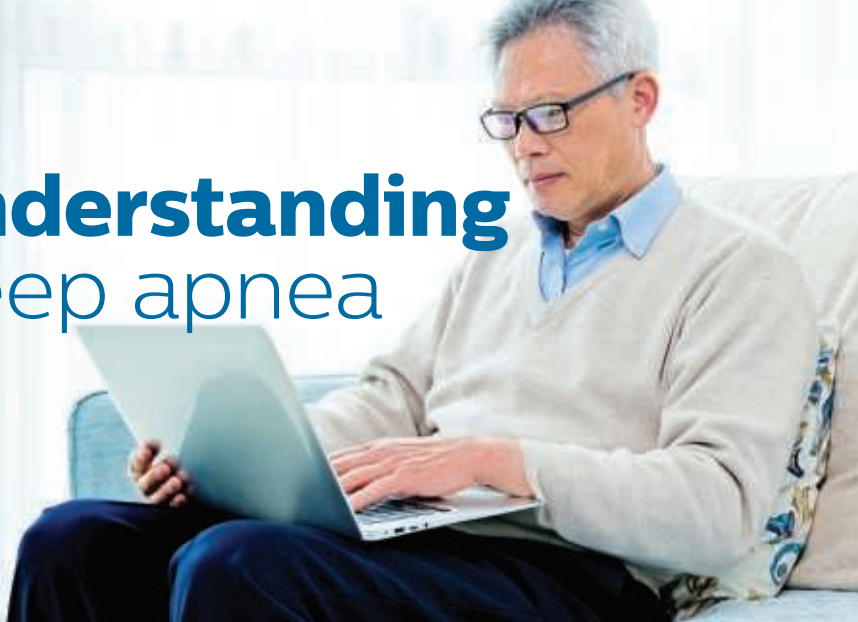
RESPIRONICS

Sleep apnea

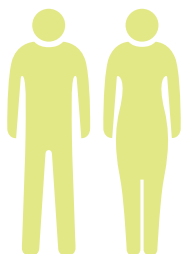
I have sleep apnea.

Now what?

Understanding sleep apnea



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



About 10% of the adult population in the world is suffering from sleep apnea. About 90% are not diagnosed.*

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

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.

*Young T, et al. Epidemiology of obstructive sleep apnea: a population health perspective. AJRCCM 2002;165:1217-1239.

**Mayo Clinic, "Sleep Apnea Complications," August 2015.

<http://www.mayoclinic.org/diseases-conditions/sleep-apnea/basics/complications/con-20020286>

The **benefits** of PAP therapy

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.



*New York Times "Sleep Apnea In-Depth Report" citing various references, <http://www.nytimes.com/health/guides/disease/sleep-apnea/print.html>

At Philips Respironics, we want to ensure you understand sleep apnea and all of your treatment options. We have set up a dedicated website to help you do just that. To learn more, visit philips.com.sg/sleepapnea.



A man and a woman are sleeping in a bed. The man, in the foreground, is wearing a white DreamWear nasal mask. He is wearing a green t-shirt. The woman is behind him, wearing a pink top. They are both resting their heads on white pillows. The lighting is soft and warm, suggesting a nighttime setting.

Finding the right

“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

DreamWear under the nose nasal mask



mask **for you**

“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

Amara View minimal contact full face mask

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.

*2015 User Preference Questionnaire, data on file

**Mask does not directly contact the bridge of the nose or nostrils

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

Consult with your provider for details.



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.

To see informational videos on DreamWear, Amara View and other mask options from Philips Respironics, visit philips.com.sg/sleepapnea.



A close-up, slightly blurred photograph of a person's head and shoulders. They are wearing a white CPAP mask over their nose and mouth and are lying in bed with a blue blanket. The background is a warm, out-of-focus orange-brown color.

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.



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.

*Internal assessment of 2015 competitive CPAP data comparing to ResMed Airsense 10/Aircurve 10 platform and Fisher and Paykel Icon series platform.



DESIGN
AWARD
2016

DreamStation is a recipient of the iF Design Award for 2016 in the product design discipline.

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





When to replace your sleep therapy equipment.
Worn out equipment can lessen the effectiveness of your treatment.
See when to replace it.

When should I replace my sleep therapy components?

Replacing your equipment before it gets worn out is an important part of your sleep therapy routine.

Signs that you should replace your mask or mask parts

It has leaks caused by seal deterioration in the mask

Facial oils deteriorate the sealing effect of cushions over time, even with proper hygiene. Don't tighten the headgear when you feel leaks. Over-tightening causes discomfort and pressure points, and can lead to additional leaks.

It's damaged by improper cleaning

Use only mild, soapy water. Don't use soaps with moisturizers or perfumes.

Your mask doesn't fit properly

A mask that doesn't fit can cause you to readjust your mask continually and/or over-tighten the headgear, which reduces how long it can work effectively. Contact your provider to get re-fitted.

It has signs of aging or damage

These can be leakage issues, cushions that lose shape, and/or components or cushions that become cracked or torn.

When to replace your Philips sleep therapy components¹

Equipment	Suggested replacement schedule
Mask (not including headgear/straps)	1 per year
Nasal replacement cushion	1 per 6 months
Pillows replacement cushion	1 per 6 months
Full face cushion	1 per 6 months
Headgear	1 per 6 months
Chin strap	1 per 6 months
Tubing	1 per 6 months
Filter, fine disposable	1 per 2 months
Filter, gross particle foam	1 per 6 months
Therapy device	1 per 5 years

¹It is recommended to check with your provider.

How do I replace my sleep therapy equipment?

Contact your homecare provider for equipment replacement questions.

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 anesthesiologist 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.

*NIH National Heart, Lung and Blood Institute, "What to Expect While Using CPAP," December 2011. <http://www.nhlbi.nih.gov/health/health-topics/topics/cpap/while>

**Division of Sleep and Circadian Disorders, Brigham and Women's Hospital, "http://MyApnea.org" MyApnea.org "About PAP Therapy," 2016. <https://myapnea.org/learn/pap/about-pap-therapy>

A close-up, slightly blurred photograph of a person sleeping in a bed. The person is wearing a green t-shirt and is covered by a pink blanket. The background shows a white pillow and a dark headboard.

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.
- Visit philips.com.sg/sleepapnea for other resources and helpful tips on our products.



