

Patient Information: An Introduction to CPAP

Audience: Patients undertaking an Introduction to CPAP with CRS

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CRS
Cardio Respiratory Sleep

About CPAP

Continuous Positive Airway Pressure (CPAP) is the most common and effective treatment for sleep apnoea. CPAP treats sleep disordered breathing by providing a gentle flow of positive air pressure through a mask to keep the airway open during sleep. When CPAP is applied, air flows through a mask into your upper airway acting as a splint to hold your airway open so that you can breathe more normally. This prevents the upper airway from collapsing and thus prevents apnoeic events and snoring. CPAP is a general term used to describe equipment and treatment for sleep disordered breathing.



How can CPAP help?

When used properly, CPAP can alleviate the following symptoms caused by sleep apnoea:

- Daytime Sleepiness
- Fatigue
- Morning headaches
- Poor concentration or memory
- Decreased libido or impotence
- Depression
- Decreased dexterity

What equipment will I use during my Introduction to CPAP?

A CPAP system consists of a mask which you wear on your face, a flow generator which sits on your bedside table and blows air into the mask and a flexible hose which connects the two. You will be provided with a CPAP system to take home with you to familiarize yourself with CPAP for a period of up to 1 month. You return this 'loan' system when you are happy to transition to your own system or at the end of the introductory period.

What happens in an Introduction to CPAP?

You may have up to four visits to CRS during your Introduction to CPAP, supported by remote communications with the CRS team. We have summarized below what to expect during these visits. Please see your own appointment letter 'Introduction to CPAP' for the times and locations of your visits.

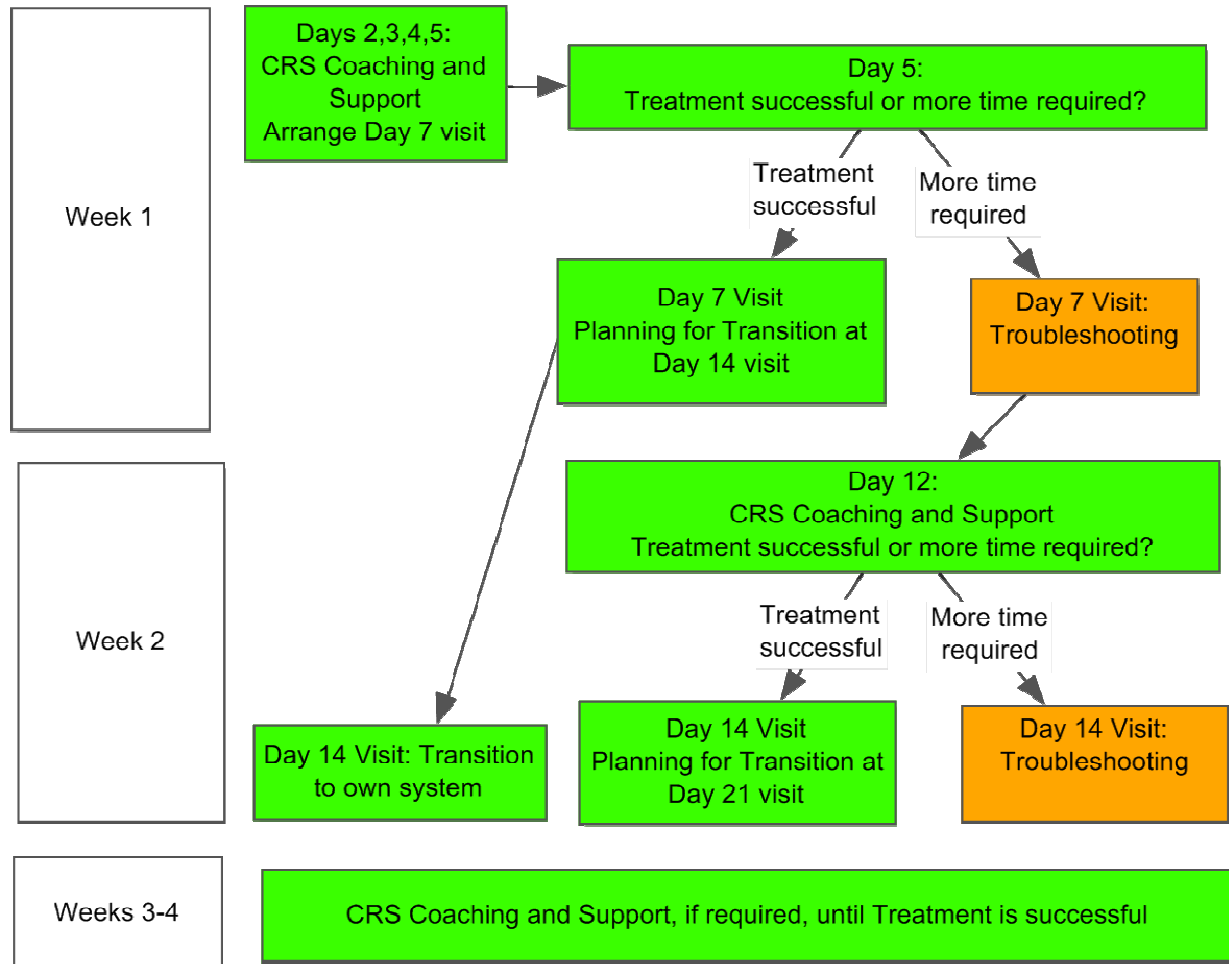
Visit durations are approximate and may vary depending on your progress and discussion with your CRS Technician.

As soon as your results are showing significant benefit to you, we will ask you to visit to transition from the loan machine to your own, permanent system. That way we can help you maintain the success and benefits you have gained during your introduction and continue to enjoy healthier, better sleep.

Of course, if you have any questions during your introductory period, you can call CRS for advice.

It's all part of our service.

An Introduction to CPAP with CRS



In between visits, and if you are using a ResMed A10 flow generator, a CRS Technician will contact you to review your progress.

The A10 is equipped with wireless capability which enables CRS to see daily highlights of your sleep experience.

We will contact you to provide support, encouragement or troubleshooting advice – whatever you may need.

Sleep Hygiene Tips

Avoid stimulants

- Caffeine intake should cease 4-6 hours prior to bedtime.
- Cease nicotine 4-6 hours prior to bedtime or give up smoking entirely.
- Avoid alcohol consumption or keep it to a minimum as it can disturb your sleep.

Pre-sleep routine

- Do not eat or drink heavily for 3 hours before bedtime. A light bedtime snack may help.
- If you struggle with heartburn, avoid heavy meals and spices in the evening. You may also need to raise the head of your bed.
- Avoid strenuous exercise within 6 hours of bedtime.
- To relax you can take a warm bath for 30 minutes or have a warm drink around bedtime.
- Use a bedtime ritual. Non-occupational reading before lights out may be helpful.
- Set aside a worry time early in the evening to list problems and next steps for the following day. Try not to allow these thoughts to interrupt your bedtime routine.

Daily habits/practices to promote night-time sleep

- Get regular exercise, at least 40 minutes each day of any activity that causes sweating.
- Avoid naps, except for a brief 10-15 minute nap 8 hours after arising.
- Try to rise at the same time every day, including weekends.
- Get at least 30 minutes of sunlight within 30 minutes of rising.
- Practice stress management techniques.

Preparing your room for a good night's sleep

- Keep clock face turned away, ensure mattress and pillows are comfortable.
- Keep your room dark, quiet, well ventilated and at a comfortable temperature throughout the night. Ear plugs and eye shades are OK.
- Avoid unfamiliar sleeping environments.
- Use bedroom only for sleep and intimacy.

If you wake up at night

- Do not expose yourself to bright light and do not look at the clock.
- If you cannot achieve sleep within 15 minutes, get up and do something quiet and non-stimulating in low light and go back to bed when you feel tired.

ResMed A10 CPAP Made Simple



On/Off Button



- Press button once to start machine
- Press button once to stop machine

Humidifier



- Heated humidifier starts when machine starts. Increasing the level of humidity can reduce dryness in the mouth and/or throat.
- If set to automatic, humidification settings will adjust automatically.
- If set to manual, use the dial to navigate to **My Option** - press dial once to enter menu and use dial scroll down to **Tube Temp** to adjust warm of the air and **Humidity Level** to adjust humidity in the air based on your requirements. Press dial to confirm your choice.

Ramp

- Ramp can be set to manual or auto. If set to manual follow the instructions above to enter the **My Options** menu then scroll down to **Ramp Time** and adjust to time required.

Home button

- Press **Home** at any point to return to the main menu.

Fisher & Paykel Icon CPAP Made Simple



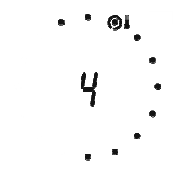
SensAwake responsive pressure relief promotes overall better sleep by detecting wakefulness, promptly relieving pressure, and easing the return to sleep. Ask your CRS Technician for more information

On/Off Button



- Press button once to start machine
- Press button once to stop machine

Humidifier



- Heated humidifier starts when machine starts.
- Increasing the level of humidity can reduce dryness in the mouth and/or throat. Decreasing the humidity can reduce 'hot' air.
- Turn the dial to the right until the number flashes on the screen. Adjust the level and press dial to confirm your choice.

Ramp



- Hold dial in for three seconds until the ramp icon appears at the bottom of the screen (small triangle). This will reduce the pressure for 20 minutes so that you can fall back to sleep.

Transcend CPAP Made Simple



Optional Accessories include:

Battery Pack (to last one or two nights)



Waterless Humidification system



Solar Charger
Base station

Cleaning your equipment

Please note: These cleaning recommendations should not replace the manufacturer's instructions

Mask

Use a damp cloth to wipe the cushion of your mask clean every morning. Be sure to remove all oils that may have transferred from your skin. Once a week you should use pure soap and warm water to clean the mask. Rinse the mask and allow to air dry. Avoid hot water, bleaches or detergents as they can damage the mask. Cleaning the mask regularly helps to maintain the integrity and extend the life of the mask.

Head Straps

Head straps should be washed once a week in warm, soapy water using a gentle soap. Rinse straps thoroughly and hang to dry. Do not allow to soak for an extended period in water. Do not dry in direct sunlight.

Humidifier

Empty humidifier chambers each morning and allow to air dry. Once a week you should use pure soap and warm water to clean the humidifier chamber. Rinse the chamber and allow to air dry.

Tubing

If you wake there is condensation in your mask or tubing, you should rinse your tubing in the morning and allow it to air dry. You should use warm, soapy water to wash your tubing once a week and allow to air dry.

Note: Condensation in your mask or tubing may indicate incorrect humidification; see the next page for troubleshooting or speak to your CPAP tech for assistance.

Filter

All CPAP machines have a dust filter in the back of that machine that must be changed or cleaned on a regular basis. Speak to your technician to determine the requirements of your specific machine. Regardless of the type, the filter should be inspected once every 3-6 months to ensure that it has not become clogged with dust.

When the filter becomes clogged, it puts undue stress on the machine, which decreases the machine's efficiency and the life of the machine. As a general, filters should be replaced every 6 months. Although your Introduction to CPAP is only for a month, if you suspect that your flow generator performance has degraded during this period it is worth checking that the filter is clear.

CPAP troubleshooting guide

Mask leak

- Check that there are no cracks or tears in the mask
- Check that all your mask parts are connected properly
- Check that you are fitting the mask correctly; ensure it is the right way up and that all the head straps are in the right place
- Put your mask and machine on and check the nasal pillows have no folds or that your cushion is sitting flat and in the right place. Try lifting the cushion away from your face and allowing it to re-seal

Mouth or throat dryness

- If you are experiencing a dry mouth or throat and you have a nasal mask you may be breathing with your mouth. If you also have any nasal congestion an increase in the level of humidification may assist. If this does not assist or you are not experiencing nasal congestion then you may require a chin strap
- If you are experiencing mouth or throat dryness and you have a full face mask, you may require humidification or an increase in the level of humidification

Air is too cold or dry

- Increase the level of heated humidification

Nasal dryness

- If you are experiencing nasal dryness or congestion you may need to increase the heated humidification
- Discuss using a nasal spray if suffering from allergic rhinitis
- Use daily saline washouts (FLO) or FESS

Water in mask/tube or air is too warm

- Decrease the level of heated humidification or turn it off all together – Note you can also use pass-over humidification (i.e. without heating) by placing water in the humidifier but leaving the level on zero or off
- Obtain a tubing wrap from CRS staff
- Increase the heat in the room
- Run your CPAP tubing underneath your blanket

Pressure sores or skin irritation

- Readjust headgear straps or mask position
- Ensure mask is clean
- Ensure face is clean prior to putting on mask
- Consult CRS Staff for a mask fitting

Difficulty getting to sleep

- Persist with machine to allow yourself to get comfortable
- Use ramp function to make pressure more comfortable (lowers pressure)
- Increase or add flex/pressure relief to increase comfort – ask CRS staff for help
- Consult CRS Staff about any other issues

Swallowing air/difficulty exhaling

- Use ramp function to lower pressure until you fall asleep
- Ask tech about an auto adjusting machine
- Increase or add flex/pressure relief to increase comfort – ask CRS staff for help

CPAP is too noisy

Flow generators are incredibly quiet. If the machine is loud, it may not be working properly.

- Check for mask leak issues
- Check that tubing is connected properly
- Check that humidifier chamber is inserted correctly
- If it is an older machine, consider upgrading to a newer machine
- Obtain an additional length of tubing to allow you to move the machine farther from the bed

Cost: An Introduction to CPAP

CRS Introduction to CPAP Includes	Fee due at Initial appointment
<p>Initial appointment:</p> <ul style="list-style-type: none"> - Description of Introduction to CPAP – what to expect, and how we will work with you towards treatment success - Loan CPAP system and mask – set-up and training - ‘Nap test’ to ensure you have a good first night’s sleep - Complete documentation and payment <p>Remote support by your dedicated CRS advisor</p> <ul style="list-style-type: none"> - Lots of support during your first 1-2 weeks of treatment, to ensure you gain the benefits and feel better as soon as possible. - Choose whether we call or email you with support, encouragement or for troubleshooting <p>Visits to CRS</p> <ul style="list-style-type: none"> - To resolve challenges which cannot be overcome remotely - To transition to your own system when you are successful with treatment 	<p>\$395*</p>

****Loan of CPAP system during Introduction to CPAP is subject to provision of credit card details as security.***

Sleep & Respiratory Physician Consultation Fees

Depending on your health when you started treatment, you may be called to see a Sleep Physician during your introductory period. The cost of this consultation is not included in the above table. For more information, please contact CRS on 1300 130 930

Cost of Lost Data Card

Loss of a data card from the CPAP machine incurs a replacement charge of \$20.

Public Funding: Pensioners or Healthcare card holders

If you hold a Pensioner Concession Card or Healthcare Card *and* you have severe sleep apnoea you *may* be eligible for public funding.

The cost of the CRS Introduction to CPAP is the same but the government *may* provide a machine for you once your introduction is complete. A CRS Sleep & Respiratory Physician can submit this application on your behalf however the machine will not be provided by CRS and therefore CRS cannot control the model of machine that is provided to you.

If you are eligible for a Public Funded machine, CRS charges a rental fee of \$25 per month for CPAP machines or \$50 per month for BIPAP/ASV machines until the publicly funded machine is delivered.

Please inform CRS Staff at your 1 week review if you wish to apply for public funding so the application process can be initiated and waiting periods minimized.

Department of Veteran Affairs (DVA)

If you hold a Department of Veterans' Affairs Gold Card, you may be eligible for the DVA to cover the cost of your Introduction to CPAP. If this is the case, we will refer you to the DVA designated service provider for discussion.

Private Health Insurance

Some private health funds will reimburse a portion of the purchase cost of your new CPAP dependent upon the cover you have on your policy. Upon starting an Introduction to CPAP, it is a good idea to contact your health fund provider and enquire if you are eligible for reimbursement.

They may specify qualifying requirements (i.e.: an in-hospital study on CPAP) to support reimbursement. Please advise CRS Staff if there are any additional requirements for reimbursement so that we can assist you as required.

Travel during your Introduction to CPAP

Patients with a loan CRS machines are allowed to travel with their machine in Australia for a maximum of 90 days. Overseas travel with CRS equipment is not permitted. Review eligibility for carriage of your equipment with your airline or other carrier.

Central/Complex Sleep Apnea

If you have been diagnosed with central or complex sleep apnea, an extended equipment trial may be required to determine the therapy which will best alleviate the symptoms of your sleep disorder. Your CRS Technician will advise you if this is the case and review with you the options available to meet your specific needs.

The discount available to you at the end of an extended evaluation for Central/Complex Sleep Apnea if you purchase from CRS:

- If you purchase an ASV / APAP system from CRS: \$300
- If purchase a CPAP system from CRS: \$200

This discount cannot be used in conjunction with any other CRS offer. Your CRS Technician will be able to provide details of ASV systems offered for sale by CRS.

APAP System Pricing: Manufacturer's RRP

Type of machine	ResMed AirSense 10 Auto/ <u>For Her</u>	Transcend APAP	Fisher & Paykel Icon
Price	\$2,578	\$1,000	\$2,295
Removable humidifier	✓ Auto/Manual	Humidifier Optional Extra: \$350	Built in/ Manual
Weight with humidifier	1.25 kg	0.43 kg	2.2 kg
Dimensions with humidifier (LxWxH)	26 x 15 x 12 cm	15 x 8 x 7 cm	16 x 17 x 22 cm
Warranty	2 years	2 years	2 years
Pressure Type	Auto or Fixed	Auto	Auto
Pressure relief type	EPR	EZEX	Sense Awake
Adjustable ramp function	✓ Auto/Manual	✓	✓ Manual
Automatic Altitude Adjust	✓	✓	✓
Leak compensation	✓	✓	✓
Ambient temp tracking	At machine and mask	At machine	At machine
Tube Options	Heated/slimline	Standard	Heated
Auto Adjust voltage (for travel)	✓	✓	✓
Clock and Alarm function	-	-	✓
Carrying Case	Soft case	Soft case	Soft case
Usage Data storage	365 sessions	365 sessions	365 sessions
Detailed data storage	7 sessions	7 sessions	7 sessions

*** ResMed APAP Machine Pricing includes built-in wireless connectivity.**
****These prices do not include the mask. Mask prices range from \$245-\$299 depending on your mask**

When purchasing a machine, the following discounts off RRP will apply:

Order before the end of Week 2 of your CRS Introduction to PAP: \$300 discount

Order before the end of Week 4 of your CRS Introduction to PAP: \$200 discount

CPAP System Pricing: Manufacturer's RRP

Type of machine	ResMed AirSense 10 Elite	Transcend CPAP	Fisher & Paykel Premo
Price	\$1,678	\$800	\$1,495
Removable humidifier	✓ Auto/Manual	Humidifier Optional Extra: \$350	Built in/ Manual
Weight with humidifier	1.25 kg	0.43 kg	2.2 kg
Dimensions with humidifier (LxWxH)	26 x 15 x 12 cm	15 x 8 x 7 cm	16 x 17 x 22 cm
Warranty	2 years	2 years	2 years
Pressure Type	Fixed	Fixed	Fixed
Pressure relief type	EPR	EZEX	Sense Awake
Adjustable ramp function	✓ Auto/Manual	✓	✓ Manual
Automatic Altitude Adjust	✓	✓	✓
Leak compensation	✓	✓	✓
Ambient temp tracking	At machine and mask	At machine	At machine
Tubing Options	Heated/slimline	Standard	Heated
Auto Adjust voltage (for travel)	✓	✓	✓
Clock and Alarm function	-	-	✓
Carrying Case	Soft case	Soft case	Soft case
Usage Data storage	365 sessions	365 sessions	365 sessions
Detailed data storage	7 sessions	7 sessions	7 sessions

*** ResMed CPAP Machine Pricing includes built-in wireless connectivity.**
****These prices do not include the mask. Mask prices range from \$245-\$299 depending on your mask**

When purchasing a machine, the following discounts off RRP will apply:

Order before the end of Week 2 of your CRS Introduction to PAP: \$200 discount

Order before the end of Week 4 of your CRS Introduction to PAP: \$150 discount

CPAP System and Equipment rental

If upon completion of the Introduction to CPAP you still aren't sure if you are ready to purchase CPAP equipment, you have the option to rent the equipment from CRS.

Short-term CPAP System rental: \$65 per week

Includes one of any type of machine and one mask, subject to availability. Includes extended evaluation of the 'Introduction to CPAP' system if you are a Central / Complex Sleep Apnea patient.

If you need an 'ASV' machine for your extended evaluation as a Central / Complex Sleep Apnea patient, this could be loaned to you, at this same cost, in exchange for your 'Introduction to CPAP' system. Please ask your CRS Technician for more information about this option.

If you are eligible for a Public Funded machine, CRS charges a rental fee of \$25 per month for CPAP machines or \$50 per month for BIPAP/ASV machines until the publicly funded machine is delivered.

Minimum monthly follow-ups with a CPAP technician are required with all short-term rental arrangements.

Long-term Equipment rental: \$25 per week

If you choose to rent on an ongoing basis rather than purchase, you will need to swap to a machine from our long-term rental pool. You will also need to purchase your own mask. There is no requirement to attend appointments outside our normal follow up visits at 6 months and annually thereafter.

For an extended evaluation, you may decide to transition to this arrangement and system in exchange for your 'Introduction to CPAP' system if you are a Central / Complex Sleep Apnea patient.

Customer support package

When purchasing equipment from CRS, you are awarded with a lifetime customer support package which gives you continuous free access to our CPAP services to ensure the success of your treatment. If you have any problems, concerns, or questions please call us to make a free of charge appointment with one of our experienced technicians.

Additional CPAP Services

If you choose not begin your CPAP treatment with CRS, we offer a number of services to ensure that you are getting the most out of your treatment.

CPAP consultation \$110.00

This is a 30 minute appointment with a CPAP technician. At this appointment we will download your CPAP data to ensure that your prescription is adequately fixing your apnoea, check your mask and machine for faults and address any additional issues you may be having.

Machine service \$110.00

This is a 30 minute appointment with a CPAP technician. At this appointment we will download your CPAP data to ensure that your prescription is adequately fixing your apnoea, check the integrity of your mask, check the machine pressure, replace your filter and make any recommendations as to changes that may be required.

Mask trial \$110.00

This is a 30 minute appointment with a CPAP technician. This appointment includes various CPAP mask fittings, instruction and education. You will then have the opportunity to trial a new CPAP mask for \$25 per week.

The rental paid on masks is non-refundable however the amount paid is credited to the price of the mask if you purchase. If you do not purchase, no refund will be given.

Specialist consultation Varies depending on Physician

This is a 30-45 minute appointment with a Sleep and Respiratory physician. If symptoms are persisting despite treatment or you are dissatisfied with your current treatment modality you may want to consider a consultation to investigate the possibility of concurrent sleep disorders and/or other treatment options. A current G.P. referral is required to utilise this service.

Benefits of your CRS Relationship

You are our priority

- Cardio Respiratory Sleep is an independent medical practice, focused on delivering to you the highest quality standards of patient care.
- This commitment includes Sleep and Respiratory consultations, testing, diagnosis, supply of your sleep therapy solution and ongoing troubleshooting and support
- If your sleep study was conducted by Cardio Respiratory Sleep, your CRS Technician can see your results and confirm to you the benefits you have already received during your CRS Introduction to CPAP.

You choose

- Unlike some other CPAP system providers, Cardio Respiratory Sleep offers a range of flow generators, masks and accessories from different manufacturers.
- We tailor a solution that meets your specific therapy, comfort and financial needs.

We are here for you

- When you purchase your system from CRS, enjoy free-of-charge CPAP reviews for life, with the people who understand your health history, treatment and are trained to do what's best for you.

Masks and Accessories

- A comprehensive range of masks and accessories are available from leading suppliers through Cardio Respiratory Sleep
- Discuss your needs with your CRS Technician and they will be happy to help you decide which products you need to meet your therapy, financial and comfort requirements

Product Training

- Your CRS Technician will help you translate your prescription into a solution which suits you personally
- Our supply service includes the provision of instructions on how to make the most of your CPAP system
- You will test your system before you leave us to ensure it is comfortable and delivers the care you require
- Our commitment is to work with you to ensure you leave our premises with a solution which works for you in your home environment

Questions when you get home?

- Cardio Respiratory Sleep is here for you - call us on 1300 130 930