

A group of veterans, mostly men, are seated in a row, wearing blue jackets and black caps. The caps feature gold lettering and text such as "KOREA VETERAN", "WAR II VETERAN", and "KOREA VETERAN". They are looking towards the left of the frame. The background is slightly blurred, suggesting an outdoor event.

PHILIPS
RESPIRONICS

Sleep apnea

Veterans affairs

A veteran's guide to **sleep therapy**



Supporting Veterans. Supporting America.

“Speaking with Veterans who call us with questions is very gratifying. I can appreciate being a part of making their lives a little better by providing solutions to their questions.”

– **Mike V, Retired US Navy Desert Storm Veteran
Philips Clinical Support Engineer**

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 heart beat
- 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 (CPAP) therapy. Understanding and staying committed to your CPAP therapy can help you get the sound sleep that can improve your life and your well-being.

*Mayo Clinic, “Sleep Apnea Complications,” August 2015.

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

The **benefits** of CPAP therapy

CPAP 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.

Using your therapy nightly, 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 CPAP 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, Wisp minimal contact 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 choice for you.
- **DreamStation sleep therapy system** – This is the CPAP device 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.
- **DreamMapper**** – App and web-based software can help keep you motivated with your sleep therapy. With Philips Respironics DreamStation, the information recorded by DreamMapper can be sent directly to your VA care team to keep your therapy team well-informed and able to assist with your therapy as needed.

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

**DreamMapper is available currently in the U.S., Canada and certain international locations. To see which therapy devices are compatible with DreamMapper, visit: www.dreammapper.com/compatible.



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



Finding the right

A man wearing a white DreamWear Full face mask and glasses is lying in bed with a woman. He is holding a tablet and looking at the screen. The woman is leaning her head on his shoulder. The scene is set in a bedroom with a lamp and a framed picture on the wall.

DreamWear Full face mask

mask **for you**

Talk to your VA care team about the different masks and headgear that are available.



DreamWear nasal mask

One mask. Three cushions. Maximum comfort.

- ✓ **Top-of-the-head hose design**
Sleep in any position you want—even on your side or stomach
- ✓ **No hose nose**
Sleep closer to your bed partner
- ✓ **Enjoy your nighttime routine**
Wear glasses, read and watch television before bed

Discover the difference DreamWear can make

DreamWear is a sleep apnea mask that was radically redesigned with patient comfort top-of-mind

- 1 Minimal design**
No more putting up with bulky, uncomfortable masks
- 2 Top-of-the-head tubing**
Keeps the hose out of the way, allowing you to sleep in any position
- 3 Unique airflow method**
Enables airflow through the frame instead of directly to the mask cushion
- 4 Innovative design prevents red marks, discomfort, and irritation on the nose bridge!**
The mask cushion sits under the nose rather than on it
- 5 Three unique cushion options**
Make it easy to find your personalized fit



Consult with your VA care team for details.

*The design of the masks are such that it does not contact the nasal bridge.



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.
- Headgear will stretch with use and may need to be adjusted. Also, it should be replaced regularly.
- 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 VA care team.

To see informational videos on DreamWear and other mask options from Philips Respironics, visit www.philips.com/masks.



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 CPAP 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. BiCPAP devices are sometimes prescribed for patients who have trouble tolerating one constant pressure from a CPAP device.



Philips Respironics commitment to quality

Five-year DreamStation VA warranty

Philips Respironics is proud to offer a five-year warranty on all of our DreamStation sleep therapy products when purchased through First Nation Group, FSS, ECAT, MSPV and other authorized procurement channels.



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.
- Daily progress screens allow you to track your previous three nights' progress.
- Connects remotely to your care team.
- **Performance Check** feature gives you peace of mind to know that your device is functioning as programmed.
- SmartRamp option that reduces air pressure when you are trying to fall asleep and then gradually increases pressure to your prescribed setting.
- The most complete selection of wireless options among the leading CPAP brands — including Bluetooth, cellular and Wi-Fi — that connect to a smartphone app to simplify and customize therapy management.*

*Internal assessment of 2018 competitive CPAP data comparing to ResMed Airsense10/Aircurve10 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.



**Proudly designed and
engineered in the USA**

**Visit www.philips.com/sleep-apnea-machines
to see in-depth videos on DreamStation, and to
learn more about your therapy device options.**



Take charge of your sleep with **DreamMapper**

DreamMapper* is a mobile and web application that keeps you actively informed about your previous night's therapy — including information like mask fit and therapy hours — so you know you are getting what's needed for the great night's sleep you deserve.

- Delivers daily feedback on your progress.
- Set and track custom goals, and unlock achievements.
- Provides coaching, advice and informational videos to help you stay motivated.
- Allows you to set reminders to clean or replace equipment.
- Sends important notifications about your therapy and DreamMapper compatible equipment in your feed.



DreamMapper has resulted in adherence success:**

22% more adherence

78% adherence rate
(when using DreamMapper)

56% adherence rate
(when not using DreamMapper)

*To see which therapy devices are compatible with DreamMapper, visit: www.dreammapper.com/compatible.

**In a retrospective review conducted by Philips Respironics of approximately 15,000 SystemOne patients, patients who used SleepMapper, which has been rebranded to DreamMapper, demonstrated 22% greater adherence to the therapy than patients who did not use SleepMapper.

Your CPAP therapy replacement schedule

To get the most beneficial performance from your positive airway pressure (CPAP) therapy, your equipment should be replaced when necessary based on wear and tear. For example, your mask may need to be replaced if you notice that your mask is cracked or the seal is leaking. If your tubing is torn, it needs to be replaced as well.

If your equipment is showing signs of wear, you may be entitled to replace it.

Equipment	Date from setup
Mask (not including headgear/straps)	_____
Nasal replacement cushion	_____
Pillows replacement cushion	_____
Full-face cushion	_____
Headgear	_____
Chin strap	_____
Tubing	_____
Filter, fine disposable	_____
Filter, gross particle foam	_____
Therapy device	_____

Keep a record of your CPAP information

VA provider name and contact info: _____

Machine name and serial number: _____

Humidifier serial number: _____

CPAP settings: _____ Flex (if applicable): _____ Ramp: _____

Mask name and frame size: _____

Cushion type and size: _____

Setup date: _____

Answers

to commonly asked questions

As your treatment program begins, you're likely to have questions of your own. Below are answers to questions we hear most often when therapy begins.

When should I start feeling better after beginning to use my CPAP machine?

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 VA care team.

What if I still snore while using my CPAP machine?

Your CPAP machine 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 machine 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 CPAP at home.

Should I use my CPAP machine when I travel?

Absolutely. It's important that you use it every night. There are travel CPAPs and 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 CPAP machine prescription. Visit www.philips.com/sleep-apnea-machines to learn more.

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 VA care team for a mask fitting.

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>

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:

- Consult your VA care team. There are other CPAP therapy options that may be a better fit for you.
- Visit sleepapnea.com for other resources and tips on our products.





Philips Respironics is proud to have its world wide headquarters in the USA

Going further for you

The Philips Respironics RIST facility, located 20 miles east of Pittsburgh, PA, is home to our sleep and home respiratory division. This 172,000-square-foot greenfield facility was awarded LEED Gold certification in 2009 and was chosen by Assembly Magazine as the Assembly Plant of the Year.* Our USA-based team takes pride in their work because they know there's always a way to make life better for all of our customers – including veterans like you.

To order product, contact First Nation Group

Fax: 734 929 1490

Phone: 800 541 2071

Email: orders@firstnationgroup.com

To contact Philips Respironics, call 800 345 6443 and follow the prompt as noted below:

- Customer service: press 1
- Repair/return/warranty questions: press 2, then press 7
- Product support: press 4

*As awarded by Assembly Magazine – September 26, 2011.



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Specifications are subject to change without notice.

Caution: U.S. federal law restricts these devices
to sale by or on the order of a physician.

www.philips.com/respironics

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