

# Your Sleep. Your Comfort. Your Life.

While you sleep, your mind and body carry out important tasks such as tissue repair, memory storage and processing, and hormonal balancing throughout your body.

Exactly how this happens or why our bodies are programmed for such long periods of sleep is not fully known. But today scientists understand some of sleep's unique functions, and why a good night's sleep is critical for our health and wellbeing.

Good sleep is vital for healthy living

Most sleep specialists agree that adults need 7 to 9 hours of good sleep each night, and that your sleep, nutrition, and physical activity all shape your wellbeing.

When you sleep poorly, you can't enjoy life to the fullest.



## Poor Sleep

Many factors that affect the quality of your sleep can be easily eliminated — such as stress, caffeine, and using electronics before bed. For some people sleep apnea may be the cause of bad sleep and negatively impact their wellbeing.

### Signs and Symptoms of OSA:

- Loud snoring
- Fatigue or daytime sleepiness
- Depression or feeling down
- Breathing pauses during sleep
- High blood pressure
- Brain fog or lack of focus
- Morning headaches
- Sexual problems

## You are not alone!

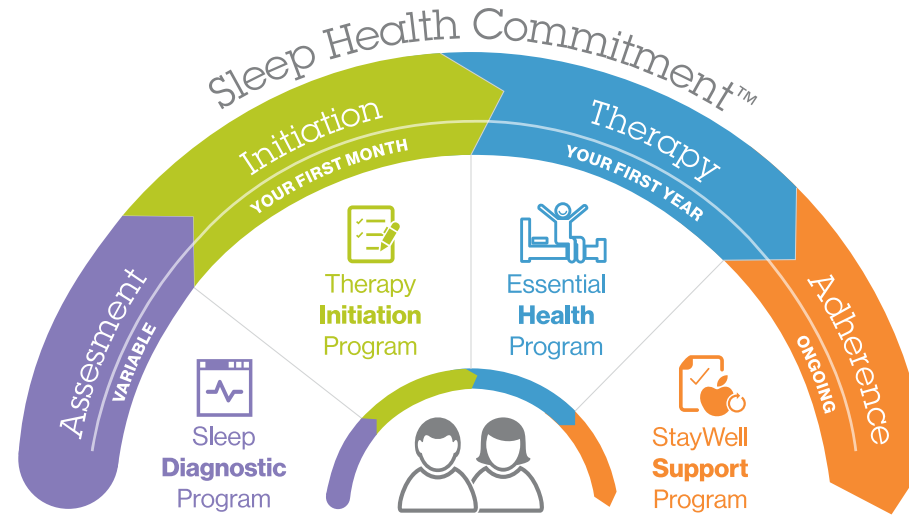
Sleep apnea affects up to 1 in 5 adults, and is significantly under-diagnosed.



The good news is that Obstructive Sleep Apnea can be effectively treated.



At VitalAire we have helped over 100,000 clients in Canada achieve the sleep they deserve, and we can do the same for you.



VitalAire's unique Sleep Health Commitment helps you achieve optimal results through education, coaching and clinical expertise. It's a systematic, personalized, step-by-step approach through all stages of your CPAP journey that will help you get the sleep you deserve!

That's our commitment to you by over 200 Healthcare Professionals in 100 clinics across Canada.

Visit our website for the latest VitalAire sleep health information:

[www.vitalaire.ca](http://www.vitalaire.ca)



Treating your Obstructive Sleep Apnea



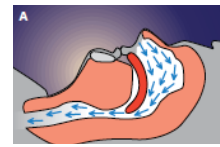
# What is Obstructive Sleep Apnea (OSA)?

Obstructive sleep apnea (OSA) occurs when your throat muscles relax and block your airway while you sleep.

For people without sleep apnea [A], the tongue and soft palate muscles hold the airway open enough for normal breathing.

If these muscles relax too much during sleep or you have excessive throat tissue, your airway will narrow [B]. The soft part of your throat will vibrate with each breath, causing a snoring noise.

If your throat is narrow, has excessive tissue, or muscles that relax too much - your airway can become completely blocked, or obstructed [C]. You will not be able to breathe for a time, until your brain awakens you just enough to tighten your throat muscles and gasp for air.



Airway muscles engaged  
Regular breathing



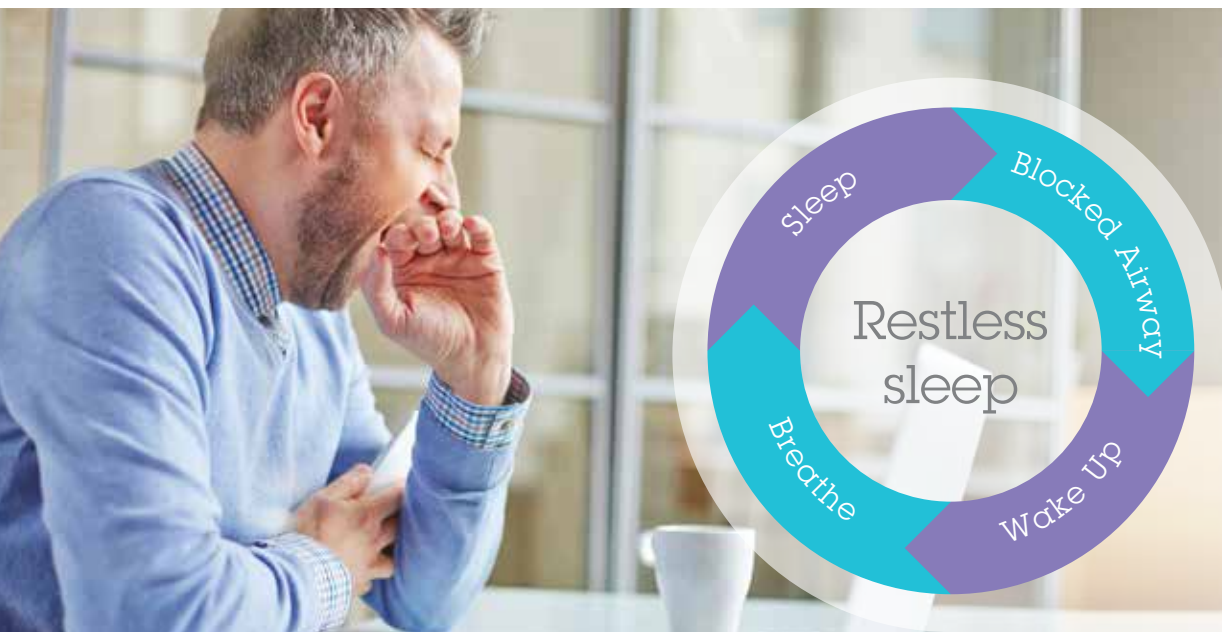
Airway partially blocked  
Snoring



OSA - airway completely blocked  
Wake up to breathe

## Why am I so tired?

When you have sleep apnea, your brain actually needs to wake you up to take a breath. It disrupts your sleep and can make you excessively tired the next day.



# Why do I have OSA?

Risk Factors that contribute to or worsen OSA include:

- Excess weight
- Being male\*
- Smoking
- A narrowed airway and/or family history
- Frequent use of alcohol, sedatives or tranquilizers
- Nasal congestion/constriction

\*Although gender variances are diminishing

## Primary consequences of untreated OSA:



**Excessive sleepiness during the day**, which can lead to decreased attention affecting your ability to work, socialize, operate machinery, or drive automobiles.



**Health consequences** – OSA is associated with diabetes, high blood pressure, depression, stroke, metabolic syndrome, along with many other conditions.



**Effect on bed partner** who suffers from losing sleep due to snoring and frequent awakenings.

## Helpful Hints

To improve your sleep apnea symptoms:

- Lose weight
- Quit smoking
- Treat your nasal obstruction
- Sleep on your side
- Avoid alcohol or sedatives in the late evening

# Continuous Positive Airway Pressure (CPAP) Therapy

OSA can be expertly and effectively treated. The most common treatment is continuous positive airway pressure or CPAP therapy. It uses light air pressure to keep your airway open and allows you to sleep comfortably through the night. [D]



CPAP allows proper breathing through the night

## CPAP therapy can have a very positive effect on your life.

It does not interfere with your lifestyle. The CPAP machine is small, quiet, portable and is only used during sleep. All other activities are unaffected, and you should feel the impacts of therapy immediately.

## Successful Therapy

Effective CPAP therapy means you can finally sleep well, wake up refreshed in the morning, and stop snoring.

CPAP users report feeling improvements in their:

- Mood, motivation, and overall vitality
- Sexual drive and performance
- Daytime alertness especially while driving
- Job performance
- Quality of sleep
- Quality of life



The goals of CPAP therapy are to eliminate your snoring and apnea events, improve your sleep quality, and reduce your risk of related health conditions.