

Fall/Winter 2018 Newsletter



Fall back 1 hour on Sunday, November 04

On Sunday, November 04, 2018, at 2:00:00 am turn your clocks **back** 1 hour to go back to standard time. So before you go to bed on **Saturday night** make sure you adjust your clocks so you can get an extra hour of sleep to enjoy more light in the morning. ❖

CPAP coaches' corner

Water level in water chamber: As the seasons change, the water level will fluctuate in your machine's water chamber. In a drier environment, like winter, where you are heating your bedroom, it may go through more water. In summer, especially when it rains, you will use less water. Your machine is adaptive to the relative humidity of the room where it resides. Another cause of using

the whole tank of water in a night could be that you have a mask leak and the machine is compensating for this by using more water. Check your cushions/pillows that float between your skin and the mask to see when the last time you cleaned and/or replaced them. This will keep your therapy most effective. You are allowed to adjust your humidity level yourself or if you need some assistance you can call 1.800.962.8145 and ask for a clinician (CPAP coach) and they will help you adjust it.

Power strip/Surge protector: It is helpful to have your CPAP/BIPAP/ASV unit plugged into a power strip or a surge protector to help prevent loss of power due to electrical surges in the outlets during storms, etc. **DO NOT PLUG YOUR CPAP/BiPAP/ASV CORD INTO AN EXTENTION CORD.**

DreamStation users: Did you know you can run a performance check on your machine when your therapy is off? From the Home screen, you can scroll between 4 different menus: "My Info", "Preheat", "My provider", and "My setup". Only the menus available and enabled, on your device, will display. To run a performance check, make sure your device is powered on. Next turn the control dial/wheel on the front of your device to the right so it scrolls to the "My Provider" tab (purple). Click/push in the dial/wheel and select. Next turn the dial/wheel to the right until you get to "Performance Check." Push in your dial/wheel and the test will run automatically. This tool can evaluate your device for certain errors. It also allows you to share key device settings with us if needed. At conclusion of the scan, the screen displays a **green** checkmark if no issue is detected. If device displays a **red** "X," please contact us for assistance at 701.235.7424 or 800.962.8145. If you have an older DreamStation these directions may be a little different. Consult your user manual or go online to: www.philips.com/sleep-and-respiratory-support to view or download a copy of the user manual. ❖

CPAP therapy started in 1980

Did you know that CPAP therapy was invented by Australian Colin Sullivan, M.B.B.S., Ph.D, FRACP? Here is how it all started per Dr. Sullivan: "The pivotal moment was a night in June 1980 when we first tested the idea that positive pressure, applied just through the nasal airway, could stop obstructive apnea. Although I had the idea several months previously, at that time we saw only very few patients, so we had to wait for an appropriate patient to do the experiments. The patient in whom the first test was done had very severe sleep apnea and had come under my care at the Royal Prince Alfred Hospital where I was a physician in the Respiratory Unit. He was so severe that I had recommended a tracheotomy as an urgent procedure. However, he and his family refused surgery, but he was happy to volunteer for the pressure experiment. We put together the breathing circuit in the afternoon, and then used plastic tubes and a rapid setting silicone sealant to provide access to the nasal airway. Within minutes of the full polysomnography (PSG) set-up, the patient had gone to sleep and developed repetitive severe sleep apnea. I gradually increased the air pressure in the circuit, and then suddenly the apnea stopped and normal breathing appeared. It was an incredible result. As we watched in amazement, the patient went into REM sleep. I quickly decided to repeat the experiment by dropping the pressure and the apnea recurred. I went through a series of cycles increasing the pressure and so literally 'turning off' the apnea, and then dropping the pressure and 'turning on' the apnea. There was no uncertainty or ambiguity. The method worked. The effect was so clear and repeatable, the next question to answer was would it work all night? Could we use it as a treatment? We decided to leave the patient on the pressure for the rest of the night. We watched as he continued to sleep for around 7 hours, without any apnea, and with the most extraordinarily intense sleep patterns. The patient's response the next day was equally exciting. He was awake and alert for the first time in years." If you would like to know more on CPAP history go to:

<https://www.sleepfoundation.org/ask-the-expert/past-present-and-future-cpap> ❖

Are you too stressed to sleep?

If you are reading this newsletter, most likely you are using a CPAP/BiPAP/ASV machine to help you to breathe better at night for a better quality of sleep. However, despite breathing better, stress from work and life may be affecting your sleep from time to time, too. An article from the National Sleep Foundation's website entitled, "3 Signs You Are Too Stressed to Sleep – And How to Unwind" may help. The 3 signs the Foundation lists are as follows: 1. "You cannot turn off your busy mind", 2. "Your muscles are seriously tense", and 3. "Your heart is racing." These may interfere with your ability to wind down and eventually fall asleep. Stress causes cortisol (a stress hormone) to be released in your body and it can disturb your sleep. To help wind down and fall asleep, they listed a few simple activities that may get you to sleep sooner.

The first is a **breathing exercise**. "Close your eyes and notice your breathing. Turn all your attention to your natural breathing pattern and feel the air enter and leave your nose or mouth. Visualize the flow of air as it passes through your mouth, airways, down into your belly, and back out again. Survey your body for any tension, and as you exhale, feel the tension leave that part of your body. Visualize your breath reaching your forehead, your neck, your shoulders, your arms... and then releasing the tension as you exhale. If your mind wanders to another worry or thought, let it go and gently redirect your attention back to your breath."

The second is **guided imagery**. "The idea in this exercise is to focus your attention on an image or story, so that your mind can let go of worries or thoughts that keep you awake. Get into a comfortable position in bed. Close your eyes and relax. Begin to visualize a scene, memory, or story that you find calming. This is highly individual—find what works best for you by trying a few choices. For example: a favorite vacation or calming outdoor spot, a relaxing activity like curling up with a book in your favorite chair, or something repetitive like remembering the steps of an exercise or dance routine. The key is to find something that allows you to focus your attention and let go of other thoughts. Begin to create this scenario in your mind. Visualize all the details of the image or story, as slowly and carefully as you can. Any time you find your mind drifting to an unrelated thought (a worry about the day or a 'must do' for tomorrow), acknowledge it and let it go. Turn your mind's eye back to your relaxing story. It's okay if this takes time before it works, each time you practice you will get better at it.

Remember to follow these additional tips if you have difficulty sleeping:

- Turn off electronics and rotate your clock away from you (don't watch the clock or check your phone if you can't sleep). Try not to worry if you can't fall asleep, and remind yourself that your body will eventually take over and help you sleep.
- If you are awake for more than 20 minutes in bed, move to a different part of the house (one without bright lights). Do something relaxing for a while, until you begin to feel tired and come back to bed."

To read the entire article: <https://sleepfoundation.org/sleep-topics/3-signs-too-stressed-sleep-and-how-unwind> ❖

Billing updates

- We have transitioned to sending out invoices as soon as insurance processes throughout the month, rather than just at the end of the month. You will receive a separate invoice for each claim that is submitted to your insurance.
- American Express is now accepted in addition to Visa, MasterCard, and Discover. Please remember to include the 3-digit security code for Visa, MasterCard, & Discover or 4-digit code for American Express from the back of your card if paying by credit card.
- Medicare is in the process of sending out new ID cards to their beneficiaries. Please let us know when you receive your new card, so we can update your information.
- As always, please notify us immediately of any changes to your insurance.

Sleep Wellness Center locations

FARGO, ND

2700 12th Ave. S. Ste. B | Fargo, ND 58103 | Phone 701-235-7424 | Fax 701-239-4792 | Toll Free 800-962-8145

Regular Hours: Mon-Fri: 8am - 5pm |

GRAND FORKS, ND - Turning Point Health and Wellness Bldg.

2424 32 Ave. S, Ste. 101A | Grand Forks, ND 58201 | Phone 701-746-7378 | Toll Free 800-962-8145 | Fax 701-746-7388

Regular Hours: Mon-Fri: 8:30am - 5pm |

Holiday closures for both offices: **Thanksgiving: Thurs, Nov. 22 and Fri, Nov. 23; Christmas: Mon, Dec. 24 and Tues, Dec. 25; New Year's Day: Tuesday, Jan. 1, 2019**