

TOGETHER

for an easier therapy adoption



Did you know that you could make the difference and have an essential role for your partner in life and his adaptation to the therapy? Together, you will succeed and improve your quality of life.

Sleep apnea

During the sleep, the mouth and throat muscles relax so much that the airway can become obstructed for 10 seconds or more.

This obstruction of the airways leads to a decrease in blood oxygen levels, increased heart rate, and, most significantly, causing the sleeper to briefly wake up so that breathing can restart.

CPAP treatment

A Continuous Positive Airway Pressure (CPAP) is a machine that softly pumps ambient air into a mask. The continuous flow of air into your throat helps keep your airways open – and potentially eliminates snoring and apneas, leading to more restful sleep. CPAP is the standard treatment for moderate to severe obstructive sleep apnea.¹

Untreated sleep apnea can impact all aspects of the patient life.

Daily life



Health



In a nutshell, your presence at the therapy initiation is crucial for the therapy adoption and the success of the treatment.²

- Encouraging your partner, if necessary, when fitting the mask and during the daily use of the treatment.
- Being there when the motivation is low by reminding the risks of untreated sleep apnea.
- Encouraging a healthy lifestyle, such as regular physical activity, or balanced diet.

¹ Clinical Guidelines for the Manual Titration of Positive Airway Pressure in Patients with Obstructive Sleep Apnea, Positive Airway Pressure Titration Task Force of the American Academy of Sleep Medicine, Journal of Clinical Sleep Medicine, Vol. 4, No. 2, 2008
² Gagnadoux F, Le Vaillant M, Goupil F, et al. Influence of marital status and employment status on long-term adherence with continuous positive airway pressure in sleep apnea patients. PLoS One. 2011;6(8):e22503.