



body can be reset. If you cannot walk or move using your legs, you can move/exercise your upper body to get your heart rate up above resting to reap the benefits, too. If you have been sedentary for most of the winter, no worries, just start with a minute or two each day to easily build your way up to 10-15 minutes and into a better slumber.



2018 Spring and Summer Newsletter

By Stephanie Privratsky

Getting outdoors and sleep

Now that we are on the other side of “Old Man Winter”, days are longer and the temps outside are becoming more livable. Those of us who live up North are used to this cycle, when we get to temps above 32 degrees, we break out the shorts. For those of you wanting to get outdoors to get some fresh air, enjoying a 10-15min walk may help you sleep better tonight. An article from *Sleep.org* on Feb. 01.2018, entitled “How Exercise Affects Sleep”, stated that “As little as 10 minutes of aerobic exercise, such as walking or cycling, can dramatically improve the quality of your nighttime sleep, especially when done on a regular basis.” If you are still not sure you want to venture outside yet, exercising/moving can be done inside as well. Exercise relieves stress and lifts our mood. In the article, “Sleep and Stress” on the same website, they provide why sleep helps when stress impacts your life, “Stress can impact your life in many ways, including negatively affecting the quality of your sleep. It makes sense: You lie in bed, worrying, and feeling anxious, which makes it almost impossible to relax and quiet your mind enough to fall asleep. It’s no wonder people use the phrase ‘losing sleep over something.’ That’s also why people who suffer from chronic stress day in and day out sleep less, have poorer sleep quality, and find it harder to function well during the day. Unfortunately, this cycle will only continue to get worse: If you don’t sleep enough at night, your body boosts its levels of stress hormones. The brain chemicals connected with deep sleep are the same ones that tell the body to stop the production of stress hormones.” So, if you are able to sleep at night, your

Allergies and sleep

Allergy season for those of you whom wear a CPAP/BiPAP/ASV therapy mask and suffer from allergies (Allergen rhinitis) may find you struggle a bit more to sleep well when congested. If you have used this therapy for a while you may already know how to make it through the dreaded allergy season, however, if you are new to using this type of therapy it can be frustrating to say the least. If you are congested, especially if you wear a nasal-style mask, you may open your mouth to breathe which in turns allows the pressurized air to escape through your mouth. This renders your therapy inefficient. Clinicians here at **Sleep Wellness Center** are here to help you through it and to have more days with effective therapy. Here are a few tips they recommend: if your nose is dry, humidity can help ease this discomfort. Dryness could be a side effect from an allergy medication, for instance, while taking your medications for congestion the level of humidity can be adjusted on your machine. There are also nasal sprays/gels like: **NeilMed NasoGel for Dry Noses**. If you need assistance on how to adjust your humidity, you can refer to your owner’s manual or just give us a call 1.800.962.8145 for some pointers.

Another tip the clinicians can recommend is wearing a chinstrap that attaches to a nasal style mask to help keep your mouth closed. Still some nights, when allergies are at their worst, you may feel you cannot wear your mask, to use your therapy, at all. On this night, to help minimize apneas while not using therapy, you can use what is known as positional therapy: elevate your upper body by using pillows or a sleeping wedge.

The National Sleep Foundation published an article on their website *sleepfoundation.org* entitled “Allergies and Sleep”. The experts give tips on **coping**

with allergies in general: “The best way to cope with allergic rhinitis (Allergies) is to avoid the allergens and irritants that trigger symptoms. Those triggers may include: pollen, dust, pet dander, mold, dust mites, feathers, and tobacco smoke. Symptoms caused by dust mites in bedding and mattresses may be reduced by washing sheets and blankets once a week in hot water. Most pillows are also washable, even some made of feathers and down. To minimize exposure to dust mites and pet dander, pillows, mattresses, and box springs can be sealed with special coverings. Some are made of plastic, but others are made from micro-weave fibers that allow air to pass through making the fabric have a more natural, softer, and fluffier feel than plastic.

In addition, try these tips for coping with allergic rhinitis symptoms:

- Stay indoors on days with high pollen or ragweed counts
- Keep windows closed and air-conditioning on to prevent pollens and pollutants from entering and lower humidity
- Use a dehumidifier to help prevent accumulation of mold spores
- Wash pets regularly and do not sleep in the same room with them
- Use vacuums and air cleaners rated for their ability to remove allergens from the air
- Vacuum often
- Change air filters monthly

Finally, it is important to allow time for sleep. Being sleep deprived may affect your overall health and prevent your body from defending itself against the allergens that cause your symptoms. Also, try this tip before bedtime: take a hot shower which may be relaxing and may help open nasal passages and also wash away allergens in the hair or on the skin.”

<https://sleepfoundation.org/sleep-topics/sleep-related-problems/allergic-rhinitis-and-sleep> ❖

Spring Time change: Sunday, March 11, 2018

When local standard time is about to reach Sunday, March 11, 2018, **2:00:00 am** clocks are turned **forward** 1 hour to Sunday, March 11, 2018, **3:00:00 am** local daylight time instead. Sunrise and sunset will be about 1 hour later on Mar 11, 2018 than the day before. It will be lighter in the evening.

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 and in summer, especially when it rains, you will use less water. Relative humidity in the machine is adaptive. 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 as for a clinician (CPAP coach) and they will help you adjust it. ❖

Traveling with your therapy equipment

CPAP, BiPAP, or BiPAP/ASV treatment does not need to interfere with your lifestyle. Whether traveling domestically or internationally, you can be awake for all the adventures by traveling with your treatment device. It will be different, but with a little planning, it can be successful. Bob Stanton wrote an article for *Sleep Review Magazine* titled "Traveling with CPAP-Yes, You Can" which was published on 07.29.2016. At the time of the article, Bob had been a long-haul truck driver and had been traveling with his CPAP for 14 years. We will give you a few tips here in this newsletter and you can read Bob's entire article on the link below. He has solutions for cold weather, high altitude, and running a CPAP from a vehicle's battery, for example:
<http://www.sleepreviewmag.com/2016/07/traveling-cpap-yes>

Flying with your equipment

CPAP, BiPAP, and BiPAP/ASVs are medical devices. Most airlines have made it exempt from carry-on baggage restrictions. That means you can carry it in its case in addition to your regular carry-on allowance.

- It is not advisable to put your equipment in your checked bag which goes under the plane, because it could go missing.
- Have a copy of your CPAP prescription with you, just in case. With changing

airline regulations, it is always good to check directly with the airline you plan to fly on so there are no surprises at the airport.

- As you go through screening/security, TSA agents may have you open your CPAP bag and remove the machine for scanning, so it is good to put things in clear plastic bags so they stay clean.
- Depending on where you are going: Domestic or international, if you use humidification, check to see if they will have distilled water available where you are staying. You can put distilled water in your checked bag, but make sure it doesn't make your bag exceed the weight limit per bag. You will be using it up during your trip, so you will not have the same amount of water on the way home. Tap water should **never** be used in your humidifier. If nothing else, bottled water could be used, if distilled is not available. Also, some clients choose not to use humidification with their therapy, during their trip, just to avoid the distilled water challenge all together. If you are using a travel agent for your trip, they can help you with your specific requests like distilled water access, etc.
- Bring surge protectors and an extension cord with to ensure you can get your equipment close to you where you will be sleeping.
- If you have any questions, please give us a call at **1.800.962.8145**.

Transcend® sleep apnea therapy system

This system could be a great alternative to your current CPAP machine, whether you are traveling close to home or afar. This CPAP machine is as small as a pop can and weighs less than 1lb. It has portable power options like a solar charger or multi-night batteries which are an additional investment. We have information about this unit on our website: www.sleepwellnessnd.com, scroll to the bottom of the page and click on "In-Store Products" or call 1.800.962.8145 to speak to one of our clinicians. The unit's website is: www.MyTranscend.com. ❖

Equipment cleaning

Proper care and maintenance of your treatment equipment is critical to ensuring that your sleep therapy is effective and efficient. Also, understand that improperly caring for your equipment

could void your warranty. The following is the recommended cleaning schedule.

General cleaning tips

- For best results, use plain dish soap (Like blue colored Dawn®) that has no scent, add 1-2 drops of soap per gallon of water is sufficient.
- Avoid using antibacterial or skin softening soaps; they will reduce the life expectancy of your mask and supplies.
- Rinse your supplies thoroughly and allow them to air dry on a clean towel.

Daily Cleaning

- Wash your mask frame, seal, and forehead cushions. Disconnect your tubing from the mask and humidifier chamber and hang it over a closet door (Do not hang in bathroom due to high humidity) to dry. Also, remove the humidifier chamber and discard any remaining water, then wash the chamber.

Weekly Cleaning

- Wash tubing and rinse thoroughly with fresh tap water. Hang to dry.
- Wash your headgear.
- Wash reusable filters (non-disposable).
- Check to see if disposable filters are dirty or discolored, if so replace it.

SoClean® automated CPAP equipment cleaner

An easier, more effective way to clean your therapy equipment. Using activated oxygen it destroys 99.9% of bacteria, molds & viruses. No water, chemicals, or equipment disassembly needed. We have information about this unit on our website: www.sleepwellnessnd.com, scroll to the bottom of the page and click on "In-Store Products" or call 1.800.962.8145 to speak to one of our clinicians. Insurance does not cover this equip. www.TrySoClean.com ❖

Sleep Wellness Center

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Summer Hours: May 25– Sept. 7, 2018
Mon-Thurs: 8am -5pm, Fri: 8am – Noon

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