

Spring/Summer 2019 Newsletter



CPAP/BIPAP/ASV therapy sanitizers

Did you know that we carry two different brands of sanitizers? We carry: **So Clean 2** and **Lumin**. Each brand has a different sanitation method and convenience. Both sanitizers kill viruses, molds, and bacteria that reside in/on your mask, tubing, etc. to keep you healthier while using your therapy. Unfortunately, they do not wash your dishes. ☺ They make great gifts for yourself or others. Currently, insurance companies do not cover the cost of these sanitizers.

So Clean sanitizes your mask, headgear, tubing, and water chamber while it is still connected to your machine (CPAP/BIPAP/ASV), there is no need to disconnect any pieces. The sanitation method for this brand is activated oxygen (O₃). Activated oxygen is the normal oxygen we breathe (O₂) + an

electrical discharge. There are no chemicals or water added to this process. Activated oxygen (O₃) changes back to normal oxygen (O₂) over time or by forced filtration. www.SoClean.com has all the details, including videos, for those of you who like to research your products. Further, the part of the mask that touches your face still needs to be wiped down/washed to remove facial oils. Removing the facial oils from these surfaces extends the life of your therapy equipment and should be done before placing them in the **So Clean** for sanitation. Part of your **So Clean** purchase includes a bottle of neutralizing pre-wash. This cleaning solution is like the dye and fragrance-free dish soap you are already using to wash your mask/seal/pillow, tubing, and water chamber. You may choose to use this pre-wash or stick with what you are currently using.

To use **So Clean**, once you have wiped down your seal/nasal pillow/cushion to remove facial oil, simply place your mask and headgear (still connected to each other) in the **So Clean** box/chamber. Ensure your tube is placed in the hose slot (left or right side of box) so you don't smash it. Next, close the chamber door and it starts automatically. The door needs to stay closed for the entire cycle which is 2hrs after it finishes the active sanitation process (5-10 mins). The indicator light bar on the front, bottom part of the box will turn green to indicate the cycle is complete and are able to use it again. About every 6 months, or when indicated, you will need to get a new filter kit. Your **So Clean** unit will alert you with a message in the display. You can purchase the filter kit with us as well.

Lumin sanitizes your mask, headgear, hose, and water chamber. **Lumin's** method of sanitation is Ultra Violet-C (UV-C) light, the same light that is used in operating and surgical rooms to sanitize their surfaces/equipment. There are no chemicals or water needed for this sanitation. The mask/seal/pillow that touches your face still needs to be wiped down/washed to remove facial oils.

To use **Lumin**, after removing the facial oils from these surfaces of the mask, remove the mask and headgear (as one piece) from the hose. Place them in the drawer, ensuring the surface that touches your face faces up and is exposed to the Ultra Violet-C (UV-C) light. Next slide the drawer closed. Finally, press the round power button and the red colored "Cycle-On" light will come on. It will stay lit for the entire 5 min cycle. While it is sanitizing you will see a slight glow from UV-C light through the tinted window on top of the unit. Once the 5 min cycle is complete **Lumin** will emit a beep, the UV-C light will no longer be visible, and the green "Ready" light will come on signaling that the cycle is complete. The object being sanitized can be used immediately. Each cycle is only 5 mins and sanitation can be done daily. Repeat this procedure for the hose and water chamber, separately. Note: The hose's inside surface is not being exposed directly to the UV-C light and it is recommended that you change your hose on schedule to ensure optimal sanitation, which is usually every 3 months. In addition to your therapy equipment, the **Lumin** can sanitize any inanimate object that fits in the drawer; toothbrushes, hearing aids, pacifiers, toys, etc. The UV-C light bulb is built to last the life of the machine, but if you need another one you can get it from the company at www.3blumin.com. ❖

Travel CPAPs

When you travel, go hunting, or go on vacation do you take your CPAP with you? Would you say, if you don't, it is usually due to the size of it? Travel CPAPs are alternatives to the machine you have at home, they are smaller and more convenient for a person on the go. Insurance companies, however, usually do not cover the cost of a travel-size CPAP, so sometimes this is prohibitive. Currently, there are only travel size versions of CPAPs, none for BiPAP nor BIPAP-ASV.

If you are in the market for a travel-size CPAP we work with the following 3 brands: Resironics' "DreamStation Go", Res Med's "AirMini", and Somnetic's "Transcend". Each of the travel CPAPs we work with are without water chambers for humidification. However, the companies that produce travel CPAPs are starting to use a new type of humidity: heat and moisture exchangers

(HMEs). HMEs capture the person's own exhaled heat and moisture and reuses it to humidify the air breathed in while using your therapy. The "AirMini", for example, has HumidX or HumidX Plus as their HME. Another way CPAP users are getting added humidity while using a travel CPAP is by checking to see whether their hotel can add a humidifier to their room. This added humidity level in your room may improve your comfortability while using a travel CPAP.

If you are curious and currently use humidification and want to see if you are a candidate for a travel CPAP you can disconnect your humidification from your current CPAP at home and try it for a night or two without humidification to see if you can handle the drier feeling. Note, removing the humidifier unit also drastically reduces the size of your unit. This may be enough modification instead of buying a new travel CPAP, to help stream line your therapy for travel. Also, when considering if a travel CPAP is for you is to ask if the travel CPAP works with your current hose and mask. Some brands of travel CPAPs require that you use their mask due to the HME being in the mask; the farther away the HME is from your mouth, the drier you may feel.

If you feel a travel CPAP would work for you, give us a call at 1.800.962.8145, and speak to a one of our knowledgeable clinicians/CPAP coaches and they can start the process for you. We order them on-demand and it usually takes a week to ten days to arrive in our office. Once we received them, they are programmed to your prescribed pressure. Once you get your travel CPAP and before you leave home on your trip, it is best to use your travel CPAP for a couple of nights in a row to see if will work well for you. ❖

CPAP coaches' corner

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 EXTENSION CORD.

Water level in water chamber: We get a lot of questions regarding the water level in the water chamber. Water level will fluctuate in your machine's water chamber through-out the year. In a drier environment, like **winter** or **when you travel to a drier climate**, you may use 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.

If you are using a whole tank of water at night, it could be that you have a mask leak and the machine is compensating for this by using more water. Also, 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 can 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. ❖

Billing updates

1. When you receive supplies that you ordered, a delivery ticket (a list of supplies shipped) is included. THIS IS NOT A BILL. We will send out a bill/invoice **AFTER** insurance has processed.
2. We are 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.
3. Medicare sent out new ID cards to their beneficiaries last year, so if you haven't updated us with your ID card number, we will need it this year, so have it available when you call in to the office
4. **To ensure your insurance claim for supplies and services gets processed in a timely matter** it is important to have your insurance cards handy when calling in and even if you have the same insurance many insurance companies may have changed your ID #. If you have changed insurance company all together, please let us know as soon as possible to prevent processing delays.
5. Due to the changes in insurance guidelines, you may notice a slight delay in the processing of your order.
6. We accept American Express, Visa, MasterCard, and Discover. Please remember to include the 3-digit security code for Visa, MasterCard, & Discover on the back of your card or 4-digit code for American Express from the front of your card if paying by credit card. ❖

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

Summer Hours: Friday, May 24 – Sept 6, 2019: **Mon-Thurs: 8:00am - 5pm** and **Fri: 8:00am - Noon**

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

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

Summer Hours: Friday, May 24 – Sept 6, 2019: **Mon-Thurs: 8:30am - 5pm** and **Fri: 8:30am - Noon**

Holiday closures for both offices: **Memorial Day: Monday, May 27, Independence Day: Thursday, Jul 4 and Friday, Jul 5,** and **Labor Day: Monday, Sept 2, 2019**