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REMOTE DEVICE ENSURES SLEEP COMPLIANCE WIRELESS UNIT REPORTS 'HOW MANY SHEEP YOU COUNT' EACH NIGHT

NORWOOD, MASS. (Issued March 2011) -- There's a device that can report whether you're counting enough sheep each night. Well, sort of.

People with sleep disordered breathing, their families and health professionals might call it a 'sleep alarm system' right next to your bed.

Now, *every patient* of Reliable Respiratory based in Norwood (Mass.) who has been prescribed Continuous Positive Airway Pressure (CPAP) therapy to keep airways open during sleep is receiving a wirelessly connected home monitoring device to track their sleep patterns and ensure compliance – that the prescribed therapy is being provided. Reliable Respiratory is one of the first to provide the device to every one of its CPAP patients throughout New England.

According to Bob Chase, Registered Respiratory Therapist and Director of Clinical Services, "Compliance is critical and must be accomplished in 21 of 30 days of use in order for insurers to cover the cost. Patients must also use their CPAP at least 4 consecutive hours in a 24-hour period to be compliant." A Reliable staffer daily monitors sleep charts and contacts patients when their CPAP unit or mask isn't operating correctly. "We can spot issues even if the patient isn't aware of any," says Chase. "We're on top of any issues within 24-48 hours." Another advantage: When patients move, the device can be reactivated wherever they are.

The wireless remote monitor tracks what time the CPAP is used each night, for how long, whether the mask was used properly, if the patient was snoring, and if and when there were unusual episodes, such as apneas.

It's estimated that 10% of Americans – some 30 million people -- suffer from sleep disordered breathing – and most haven't been diagnosed. They don't know why they're chronically tired or moody. Lack of sleep can cause traffic accidents and workplace injuries, affect job performance and relationships, and lead to more serious conditions such as depression, heart disease, high blood pressure, irritability, memory loss, trouble concentrating and more. Snoring, often associated with sleep disorders, can affect the quality of *other* people's sleep, too.

Once an individual undergoes a sleep study and is diagnosed with sleep apnea, their doctor may prescribe use of a CPAP unit and mask that forces a gentle, steady flow of air

at a constant pressure rate into otherwise closed passages during sleeps. Blocked air passages can disrupt the deep sleep a body needs for top physical and mental health. “A state-of-the-art CPAP unit, a well-fitting mask and our remote monitoring system is a winning combination in the battle for a better night’s sleep,” Chase says.

Chase said from his experience, a 17” neckline is a general indicator for the preponderance of a sleep disorder.

Reliable Respiratory is one of New England’s leading home respiratory equipment suppliers, and has earned a reputation as a pioneer in supplying state-of-the-art respiratory equipment to help patients achieve maximum compliance that can result in a better quality of life.

Over the next few months, in a ‘CPAP Road Tour,’ free programs sponsored by Reliable Respiratory across Mass., New Hampshire and Rhode Island, Chase will give presentations including sleep tips and discuss latest equipment designed to help people sleep. For dates, times and locations, call (866) 551-3335, ext. 0, or email rrecpaproadtour@gmail.com.

- By Stanley Hurwitz / stanhurw@comcast.net