

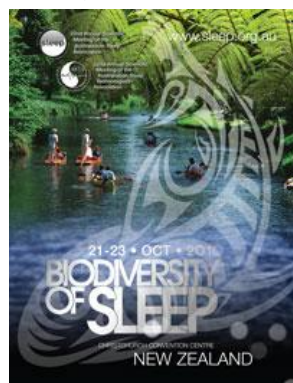
The Acurest newsletter will keep you up to date with the latest developments in the research and treatment of sleep apnea and will provide you with hints and tips to help you continue with your CPAP therapy.

Acurest News: Movin' & Shakin' in Christchurch

Acurest staff attended the Australasian Sleep Association (ASA) annual conference in Christchurch in late 2010. Although we have attended such conferences many times before, this is the first time that we took our masks and exhibited them in a trade stand. And what an impact!

This conference is the peak Australian and New Zealand industry conference for those involved in sleep research, sleep disorders diagnosis and treatment and suppliers to the industry. But because Australian sleep research is at the forefront of research into sleep disorders, a large number of other international delegates attended. In fact, despite the seismic activity in Christchurch, well over 500 delegates attended.

For the record, the ground remained perfectly still during the conference. Research and discussions at the conference extended on prior themes; confirming that untreated sleep apnea shares causal factors with many other serious conditions (especially diabetes, high blood pressure, stroke and heart attack).



CPAP was confirmed (again) as the gold-standard treatment for the condition, with recent findings showing that some of the damage caused by sleep apnea can be actually repaired by CPAP.

There is a growing number of new drugs being

offered to “treat” sleep apnea – regular readers will know about this from prior articles – but there is still no “cure” or any drug which offers a complete treatment. Although research into pharmacological treatments for sleep apnea continues, there is nothing promising on the immediate horizon.

Implants, such as the “Apnex System”, continue to draw attention from the medical community. While some of these technologies are in the “human-trials” phase, it remains unclear when (or if) they will become widely available.

More about the research findings from the ASA conference will be included in future editions.

We were very happy to meet a large number of sleep doctors, CPAP consultants and retailers from all around Australia and New Zealand. Many had heard that

“someone was doing custom-made masks” but had not managed to find us. Well, they all know about us now!

Our stand (designed by the amazing creative team at iCatchers) stood out among our competitors and generated a large number of conversations during the three days. This gave us an opportunity to get positive feedback from doctors and CPAP consultants who have seen our mask in action and to find other doctors who want to make it available to their patients.

Thanks to all the Acurest staff and suppliers who helped to make this trade show such a success! We are looking forward to the 2011 conference in Sydney.

Unit 53 South Pine Central
302 South Pine Road Brendale QLD 4500
Ph 07 3205 8323 info@acurest.com.au

Sleep Facts

Dreaming – what’s it all about? For millennia dreams have been a mystical part of human life. Wars have been waged, dynasties have fallen and countless lives have ended following “messages” contained in dreams. We all dream for about two hours each night, most of which is not remembered by the conscious brain when we wake up. So, what is it and why do we do it?

Dreaming occurs in REM sleep (where the dreams are likely to be vivid or surreal) and also in deep or slow-

wave sleep (where the dreaming is more likely to be based in reality, though harder to recall).

When we dream, different parts of the brain are activated, including the memory, sensory inputs and emotions centres along with the neocortex.

Recent research at Harvard University theorises that dreaming “completes learning”. That is, during the night we replay “lessons” that we learned during the day, filling in the gaps, connecting the dots and storing the memories of these lessons for future use.

Interesting research about CPAP and Sleep Apnea:

Accidents and Sleep Apnea

In addition to other findings presented at the recent ASA conference, the role of poor sleep in traffic accidents, workplace injuries and accidents in the home was further explored.

Did you know that a sleep apnea sufferer is seven times more likely to have a traffic accident? We would not be surprised to see state and federal governments move to tighten up the law in this regard in the future.

It is already mandatory to report your sleep apnea to the relevant driver licensing authorities in ALL Australian states and territories. For more information, visit www.austroads.com.au

This does not mean that you will be disqualified from driving or restricted in any way. As long as you are receiving treatment for your condition, you are wholly within the law and fully insured. However, if you have an accident and you have not disclosed

your condition or have not kept on treatment, charges for negligence can be brought and your insurance can be invalidated.

Of course, you may also cause injury to yourself, loved ones in the car or another innocent road user or pedestrian.

But driving is not the only place where a sleep disorder can intrude into your life. Links between untreated sleep apnea and falls in the elderly and in workplace injuries have also drawn attention.

There is some thought that a significant proportion of falls in the elderly are caused (in part at least) by poor sleep. Sleep naturally deteriorates as we age and about one in four people aged over 70 has sleep apnea. Treatment for this condition may stave off other conditions and may also help eliminate debilitating injuries resulting from falls.

There is also some thought that employers may also see a reduction in workplace injuries and improved productivity if they support workers who are being treated for sleep apnea.

Tips for TrueFIT™ Custom Mask users:

In the mask User Guide, we recommend to flush your mask weekly with white vinegar to kill and remove any mould or bacteria that may attach to the inside of the mask. Many users find the lingering smell of vinegar in the mask unpleasant, even after a number of rinses. An alternative to vinegar is Milton Solution – a 2% solution of chlorine bleach, commonly used to sterilise babies bottles, etc. You can substitute Milton Solution for vinegar as a way of keeping the inside of your mask clean and free of mould.

We hope you found this edition of sleep.energy.life an interesting and informative read. We’d love to hear your feedback on the newsletter. Simply email us at info@acurest.com.au

Unit 53 South Pine Central
302 South Pine Road Brendale QLD 4500
Ph 07 3205 8323 info@acurest.com.au