

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

Acurest in the news:

The story of Acurest and the Logical® mask was recently featured in a number of publications, including The Weekend Australian (2nd May 2009) and The Courier-Mail (2nd May 2009). The main focus of the stories was the challenges of launching a business in the current economic climate. They acknowledged that there is a huge demand for a better-fitting CPAP mask and with increased marketing and carefully managed growth and development, Acurest should continue to grow - all very encouraging. We know that there are many CPAP users out there that struggle with poor fitting masks and we hope to be able to offer the Logical® mask more widely as we grow.

New products available from Acurest:

- Acurest now stocks the Sea-Tec Sleep Tight chin strap. These chin straps have an extended chin cup which can be pulled up under the bottom lip and even up to cover the mouth. The additional support they offer can be a huge help to nasal CPAP users who struggle to keep their mouth closed during sleep. They have a unique and comfortable design and are simply the best chin strap out there. Available in Large, Medium, Small and Extra Small at \$29.50 each + \$5.00 postage and handling.
- The full range of Respironics CPAP and Auto-CPAP machines is now available through Acurest. Our product research and client recommendations reveal that the Respironics range of machines are the best available. They offer users improved comfort and treatment effectiveness, are compact and lightweight and provide the important feedback you need to keep your treatment on track. Come in for a demonstration or ask us about a package deal with your next Logical® mask.
- Acurest can now offer clients the SleepZone Heater Tube. This tube replaces the existing tube between your machine and mask and cleverly raises the temperature about 2°C before it reaches your airway. This provides improved comfort, particularly on the cooler nights, and is a great alternative to using a humidifier. Price \$169.00 + \$10.00 postage and handling.



View the M Series Features



SeaTec Chin Strap

Sleep facts:

- The Australasian Sleep Association estimates that lost productivity because of sleep disorders, including sleep apnoea, costs the Australian economy around \$ 2 billion a year. In the USA, that figure rises to \$35 billion.
- A recent Australian federal parliamentary transport committee enquiry found that one in three traffic accidents is caused by driver fatigue. Other figures indicate that sleep apnoea sufferers are an alarming two to seven times more likely to have a car accident.

Interesting research about CPAP and Sleep Apnoea:

A link between OSA and Reflux?

Obstructive sleep apnoea (OSA) is associated with daytime sleepiness, decrements in quality of life, cardiovascular and cerebrovascular diseases and endocrine disturbances. In addition, there is a high prevalence of gastric reflux (including both gastroesophageal reflux and laryngopharyngeal reflux diseases) in patients with OSA. Increased respiratory efforts in OSA patients generate more-negative pressure in the airway, contributing to reflux of gastric contents, which in turn creates inflammation and sensory deficits in the airway tissues that contributes to the worsening of OSA.

Eskiizmir G, Kezirian E. Med Hypotheses. 2009 Jun 1.

Will gastric banding surgery cure sleep apnoea?

Bariatric surgery significantly reduces the apnoea hypopnoea index. However, the mean apnoea hypopnoea index after surgical weight loss was consistent with moderately severe OSA. Our data suggest that patients undergoing bariatric surgery

should not expect a cure of OSA after surgical weight loss. These patients will likely need continued CPAP treatment.

Greenburg DL, Lettieri CJ, Eliasson AH. Am J Med. 2009 Jun;122(6):535-42.

Good "Sleep Hygiene"

"Sleep Hygiene" is the term used to describe good sleep habits, and is as important for everyone as it sometimes seems difficult to achieve. You should try to go to bed at the same time each night and rise at the same time each morning and always sleep in your bed (not on the couch). Avoid exercise, caffeine and meals just before bed and don't rely on alcohol or sleeping tablets to get to sleep. Use a good routine of relaxation before turning in each night. If you are having trouble getting to sleep, don't thrash about and watch the clock, go to another room and do something boring until you feel tired, then try again.

Sleep Disorders Association, 2006

Dr Steven Park's 7 Habits of Successful Sleep Apnoea Patients:

1. They take responsibility for their own health and don't rely solely on their doctor
2. They are willing to pay for the treatment they believe in
3. They take action
4. They do everything possible to breathe well through their nose
5. They set aside time for regular exercise and relaxation
6. They join a group with other sleep apnoea sufferers
7. They accept sleep apnoea rather than fight it

(Source: http://EzineArticles.com/?expert=Steven_Park)

We hope you found this issue of sleep.energy.life to be interesting and informative. We would love to hear your comments or suggestions about what we can include in future editions.

We would also love to hear any tips or hints you have. If you are willing to share your ideas, send us an email at support@acurest.com.au