

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.

## TrueFIT™ Custom Mask launched to wide acclaim

Earlier this month, Acurest announced the launch of its latest custom-made CPAP mask, the TrueFIT™ Custom Mask. This mask follows on from the success of the Logical® Sleep Mask (launched in January 2006) and incorporates improved materials, making it lighter, stronger and easier to maintain than ever. It also includes a new ergonomically designed headstrap which is both more comfortable and more stable.

What hasn't changed is our belief that ONLY a custom-made mask will be comfortable enough to wear all night, every night. Pretty simple, and still *logical*...

**Mask Comfort = Easier CPAP = sleep.energy.life**



The TrueFIT™ Custom Mask

More details about the TrueFIT™ Custom Mask is available at: [www.acurest.com.au](http://www.acurest.com.au)

## Sleep Facts

*Apnoea* or *apnea* – which is the correct spelling? Well, it depends where you live. *Apnoea* is the British-English spelling of the word, while *apnea* derives from the USA. In Australia, where British spelling is the norm, *apnoea* used to be most commonly accepted as correct. However, with the prevalence of American content on the internet and need for standardisation (or should that be *standardization*) required by search engines, the *o* has been dropped and *apnea* has become the most widely accepted spelling.

So what should we call people who have sleep apnea? Sleep apnea is a condition not a disease,

so it does not have a fancy one-word latin name (like *haemophilia*) – so that's no help. We tend to say "sleep apnea sufferers", but who wants to think of themselves like this? "CPAP users" is another common term, but not all people with sleep apnea use CPAP. A recent on-line poll asked this question of the sleep apnea community. The top three responses were: *apneics*, *CPAPers* and *Windies*. There's obviously still some work to do on this....

***We'd love to hear your ideas! Please send your ideas to [info@acurest.com.au](mailto:info@acurest.com.au) by the end of April 2010. A nice bottle of wine for the best idea.***

## Upcoming 2010 Interstate Visits

Acurest will be visiting the following locations for TrueFIT™ Custom Mask consultations and mouldings. See [www.acurest.com.au](http://www.acurest.com.au) for the full 2010 schedule and contact [info@acurest.com.au](mailto:info@acurest.com.au) to make your booking.

**Sydney:** 7-9 April, 16-18 June  
**Melbourne:** 14- 16 April, 9-11 June  
**Adelaide:** 12-14 May

## New website and webmovie launched

When Acurest ran information sessions around Australia in 2009, we carefully watched attendees to hear what questions they asked and to see how they reacted to our mask. What we learned was that most wanted to touch and feel the mask to gauge the flexibility of the material and then they wanted to see it go onto someone's face. It's one thing to see a picture of the mask, quite another to see how it fits snugly to one person's unique facial features.

We figured out that the best way to provide this experience was to show people how it fit using the internet. That's why we put together a demonstration webmovie. This short video shows how the TrueFIT™ Custom Mask fits (on real clients!) and how stable it is during use.

It was also time for our website to be overhauled, so we did that too. The new website has much more information for CPAP users, partners and for industry

professionals. We are building the list of articles and research reports and want this site to be your one-stop-shop for information about sleep apnea and CPAP.



If you haven't been to our website for a while, it's time to have another look! Visit [www.acurest.com.au](http://www.acurest.com.au)

## Interesting research about CPAP and Sleep Apnea:

### When all else fails....try playing the didgeridoo.

A Swiss Study recently tested the hypothesis that the circular breathing technique used to play the didgeridoo would improve tone in the upper airway muscles, reducing collapsibility and could be an alternative treatment for sleep apnea. Subjects were recruited and given training and they then played the didgeridoo for half an hour each day, six days a week for four months.

When compared to a control group, the subjects showed improved AHI and reduced daytime sleepiness. Partners also reported less sleep disturbances [offset by the time listening to the didgeridoo, obviously], however independent ratings of sleep quality were unchanged. Some improvements were noted in milder cases of sleep apnea and the study concluded that playing the didgeridoo was a useful adjunct treatment

for sleep apnea. *Puhan M et al, British Medical Journal 2009*

### Impact of Poor Sleep on Brain Functioning

Recent research at the Washington State University suggests that different cognitive functions in the brain are affected differently by lack of sleep. Working memory, a key component of the executive functioning of the brain, appears to be unaffected by lack of sleep. Yet non-executive cognitive functions, such as the ability to take on and process new information is affected. Standard cognitive tests do not distinguish between these functions. What this means is that conclusions drawn from research which has used standard cognitive testing may need to be re-evaluated. What remains clear is that whole-of-brain functioning is negatively impacted by poor sleep.

*Sleep January 2010*

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](mailto:info@acurest.com.au)