

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:

### Clinical trials of the TrueFIT™ Custom Mask

Because the TrueFIT™ Custom Mask is a custom-made medical device, formal clinical trials were not required before it was launched in the market. But not having independent clinical data about the effectiveness of a treatment is a barrier to its uptake within the medical profession.

As a patient, this is a good thing. The doctor should be sure of the value and benefit of anything they prescribe. They need to have the confidence to recommend a course of action, and that confidence comes through clear findings from solid research.

So, Acurest is delighted to announce that The Wesley Research Institute in collaboration with The Sleep and Thoracic Group (QLD) are currently recruiting subjects for this ground-breaking research.

The study will focus on compliance or usage rates for new CPAP patients. It will measure and compare the compliance rates for new CPAP patients using the TrueFIT™ Custom Mask compared to new CPAP

patients who use standard nasal masks. The study will also look at some independent measures of symptoms, overall treatment efficacy, the experience of bed partners and the overall performance of the masks (leak rates, etc).

The study will follow subjects over their first year of treatment, with the first preliminary data available in late 2010.

### Facebook

With social media increasingly developing a place in the lives of millions of people, Acurest decided not to miss the boat. In June we launched our page on the Facebook social networking site.



The demographics of Facebook closely align with the demographics of the sleep apnea community, so we think this is a good way to promote awareness of our TrueFIT™ Custom CPAP Mask.

## Sleep Facts

Which side of the bed do you sleep on? Have you always slept on the same side, or does it depend upon your partner's preference, the position of the bed, the alarm clock or where the door is located? According to research, most people sleep on the same side of the bed as their parents and the majority of men sleep on the right side of the bed (as seen when lying on the bed on your back).

It seems that the answer to this question is loaded with historical norms and preconceptions, and that there are no hard and fast rules. Some suggest that the man should sleep on the side of the bed which is closer to

the door, and that this belief comes from early humans needing to defend the family cave against marauding sabre-toothed tigers!

Perhaps a final ruling can be found using Feng Shui (the ancient Chinese study of harmonious energy). The *Absolutely Feng Shui* website says that there is not an absolute answer to this question, but recommends following the old Chinese saying "Men on the left and women on the right".

At the end of the day, each couple makes this decision for one reason or another. It's just another curious aspect of the world of sleep.

## 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.

**Adelaide:** 8-10 September  
**Sydney:** 11-13 August

**Melbourne:** 25-27 August  
**Perth:** 14-16 July

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## Interesting research about CPAP and Sleep Apnea:

### CPAP Restores Brain Volume

Patients with obstructive sleep apnea (OSA) typically present with reduced brain volume. In a recent comparative study, such patients showed significant correction of brain volume deficits after three months of CPAP therapy, according to a research abstract at the recent SLEEP 2010 Conference.

The results indicate that OSA patients showed reductions of brain volume at baseline in the left hippocampus, posterior parietal cortex, and right superior frontal gyrus. Significant brain volume increases were observed after three months of CPAP therapy in hippocampal and frontal structures. No further improvement in brain volume was observed after 1 year of CPAP therapy.

"OSA patients showed cognitive impairment associated with neurostructural damage affecting specific cerebral regions," said principal investigator Vincenza Castronovo, PhD, clinical psychologist and psychotherapist and sleep laboratory coordinator at the University Vita-Salute San Raffaele and San Raffaele Scientific Institute in Milan, Italy.

"In addition, the study shows that most of the neuropsychological deficits are reversed after three months of treatment with CPAP and, for the first time, that such cognitive improvements parallel an increase of brain volume in specific hippocampal and frontal brain regions. The increase of brain volume in these regions is significantly correlated with the improvement at neuropsychological tests of executive functioning and short-term memory."

### Travelling With CPAP

School holidays are upon us in many states of Australia, and many families will be heading away for holidays. Aside from the normal logistical issues of taking a family holiday, the CPAP user in the family has a whole lot of other things to consider.

Some CPAP users take a holiday from their CPAP as well. But we all know that CPAP only works when you're using it and that you **must** use it every time you

sleep (day or night) to avoid the potential health consequences of long-term OSA.

A recent on-line discussion about this subject provided some useful information and advice for taking your CPAP on the road:

- Most modern aircraft have outlets for power which can be used to operate a CPAP machine – on long-haul flights, using CPAP will ensure that you (and those around you) can sleep properly. Call your airline well ahead of the flight to make the arrangements.
- Choose a window seat on the plane, that way you can turn towards the window when it's dark and nobody will know you have a mask on. A window seat stops people needing to get past you and your CPAP gear during the night. Booking a first class seat would achieve the same thing!
- Also, medical equipment does not count towards your carry-on baggage limit. So, whether you intend to use it in flight or not, take your CPAP machine with you rather than checking it in.
- Most CPAP machines automatically adjust to different power sources, so all you need is the right electrical plug adaptor and you are good to go. Check with your equipment manufacturer to make sure.
- If you are going camping, battery packs and car adaptors are available. The battery packs last up to three days and can be recharged from the car adaptor during the day.
- In hotels, an extension cord can be a good idea, just to make sure that you can plug your machine in near the bed.
- If you use a humidifier, make sure that the water tank is completely dry before packing it – water can get into the machine and cause irreparable damage.
- Double check that you have everything you need before you leave home. Interrupting your holiday to go searching for CPAP equipment that you left behind will certainly break the holiday mood.

**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)**

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