

Your Sleep Coach is Here to Support You Through Sleep SMART

Thank you for your participation in Sleep SMART. We are happy to help you with your CPAP.

- Your goal for the first phase of treatment is to gradually work up to sleeping 6-8 hours daily using your CPAP device.
- Your Sleep SMART Sleep Coach will support you with routine phone calls and texts, if you give permission for texts. Our outgoing calls to you will appear as **470-655-6688** on your phone. Please save this number as Sleep Coach in your contacts. **Your contact schedule will depend on how well you succeed in using the treatment.**
- **If your phone numbers, address, or email change, please notify your Sleep Coach.**
- Please remember to clean your mask every day with baby shampoo or Ivory soap. “Memory foam” that may be part of your mask (depending on the type you have) should **NOT** be submerged into water but should be wiped daily with an alcohol free wipe. Your hose and humidifier tub should be cleaned weekly with a 50:50 water and vinegar solution. Always empty your humidifier tub every day and allow it to air-dry between uses. Replace the air filter, in your machine, once per month.
- Once you have been on treatment for 3 months, you will be due for supplies. This is a rotating 3-month schedule so that you will always have supplies in good working condition. Please notify your Sleep Coach with any change in address as these supplies are sent via US mail or other carrier.
- Information about how much you used the machine, and how well it worked for you, is available on your device for your personal use. Your Sleep Coach can lead you through howto view this important information.

If you ever have questions or concerns, please contact your Sleep SMART Sleep Coach at **470-655-6688**.

Sleep SMART Sleep Coaches 470-655-6688

We are available from 8:00 AM until 7:00 PM Eastern time, Monday through Friday.

Please leave a message if we are unavailable and we'll usually call you back within 30 minutes during our normal business hours.

Replacement Schedule

Please replace the following components as often as listed on the chart below:

Schedule	CPAP Component
Every month	Filter
Every 3 months	Nasal Pillows, or <i>Soft Inner Seal</i> of Nasal Mask or Full Face Mask

If you observe any visible deterioration (roughness, cracking, tears, etc), replace the worn component as soon as you can. Please notify the Care Team if anything needs to be replaced.

In the beginning: You will receive all of the CPAP equipment. This includes a 3-month supply of filters.

At 3 months: You will receive 3 filters and a replacement Nasal Pillows, or *Soft Inner Seal* for your Nasal Mask or Full Face Mask.

At the end of Sleep SMART: Your Sleep SMART Sleep Coach will be available to assist you with the transition process of your care to your personal physician, a local sleep physician, or a medical team.

Please notify your Sleep Coach if you change your phone number, address, or e-mail.

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