

# Sleep SMART

## WAKE UP TO CPAP!

Thank you for your commitment to Sleep SMART and to using CPAP as best you can for the next 6 months!

### YOUR SITUATION:

You have sleep apnea. When you sleep, at least every 6 minutes on average, you stop breathing or nearly stop breathing.

Sleep apnea is linked to having another stroke and worse recovery after stroke.

### YOUR MISSION:

To use CPAP every time you sleep, to help fix your breathing.

To get check-ups by the study team at about 3 and 6 months after enrolling in Sleep SMART. You will receive \$75 for each assessment (total \$150)

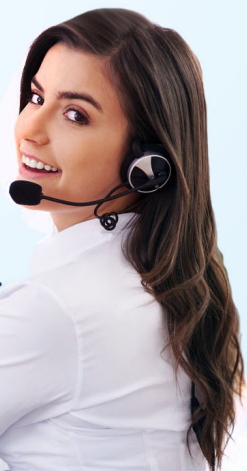


### YOUR TOOLS:

The following tools are available free of charge to help you succeed.

### SLEEP COACH:

Call **470-655-6688** to reach your very own sleep coach. Your sleep coach is looking forward to talking with you! Sleep SMART picks up the tab.



### myAIR APP:

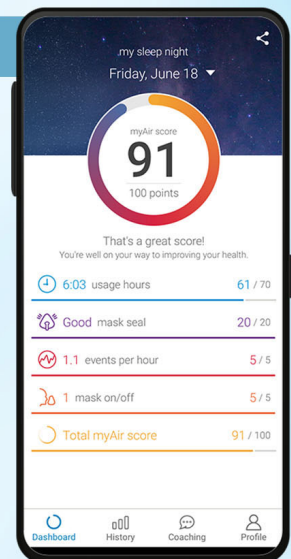
Set your nightly CPAP “fitness goal.” Track your progress using the free myAir app.

#### Register here:

<https://myair2.resmed.com>

#### myAir helps you:

- track your progress
- find motivation to use CPAP
- find helpful videos



### TESS THE CHATBOT

Text **[904-320-2456]** to get access to Tess.

Let her know your Sleep SMART ID number: \_\_\_\_\_ She can then provide emotional support, CPAP support, reminders, or just chat with you. Tess is available all day and night, every day, at no cost to you



SCAN ME

### SLEEP SMART WEBSITE:

For more information about Sleep SMART, CPAP, or sleep apnea: <https://www.nihstrokenet.org/sleepsmart-trial/patients>

# Sleep SMART

