

Monitor Medical, Inc.
"The C-PAP Co."
www.monitormedical.com
1-866-634-0177

February 2010

Resmed Swift FX
Coming Soon!
Check it out [here](#).

Simple assembly with a superior seal

**Respiratory
Therapist Corner
with:**

*Lori Ridley in
Bakersfield, CA*



*Lori Ridley has been
a Respiratory Therapist
since 1989.*

Being comfortable is very important for successful use of C-PAP/BiLevel therapy. For added comfort, I suggest to patients that they try a SnuggleHose; a soft, machine washable, fleece material that slides over CPAP tubing and fastens with velcro. Using a SnuggleHose decreases the "medical" look of the tubing and helps to



The new SP Full Face Mask:

- Is available in small, medium and large sizes*
- Cushion and forehead pad are made of medical grade silicone; it is odorless, soft and comfortable*
- Has an ergonomic design-Virtually eliminates leakage*
- SP Flex Tube™ eliminates torque between CPAP tube and mask.*

Contact customer service at 1-866-634-0177 or click [here](#) to find out more.

The following tips will help you solve the five problems that are common to both new and experienced CPAP users. These simple solutions will help you maintain a long-term commitment to improve your sleep and your health with CPAP.

keep the tubing from disrupting sleep when it touches your skin. If you have a heated humidifier a SnuggleHose also helps insulate the tubing from cooler room air, reducing condensation and rain-out within the tubing.



To find out more, click [here](#).

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Problem #1: You seem to have more nasal congestion from using CPAP.

Nasal stuffiness is the most common side effect of CPAP therapy. You may also have a runny, itchy or dry nose, or nosebleeds. Nasal congestion often goes away after your first month of use. Keep in mind that many people with OSA naturally have an increased level of nasal congestion. This congestion is more common in the winter and during allergy season.

Click [here](#) to read tips that will help reduce your nasal problems and to also read the four other common problems.

Can CPAP Save Your Life?



People with obstructive sleep apnea often report that it's been years since they've gotten a good night of sleep. Once CPAP users adjust to sleeping with CPAP, many users feel like they can't live without it. New research shows that they may be exactly right.

A Deadly Disorder

For years research has been painting a picture of sleep apnea as one of the big bullies on the block. It's been linked to some of the worst health problems in the neighborhood: heart disease, stroke, diabetes, obesity and depression, to name just a few.

[Continue reading](#) on how CPAP can save your life.

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