

Bedside Tales

News from your Sleep Services Specialist

April 2010

A comfortable mask that fits well will make your CPAP therapy easier. In seeking a comfortable mask, consider the **fit** (does the mask seal over your nose/mouth, are the straps too tight or too loose?), the **size** (do you have a small when you need a medium?), and the **style**, which is a personal preference that only you can determine. Excessive leaking may occur if the mask does not fit properly, which reduces the set pressure and can irritate your eyes.

If you experience discomfort with any mask, try other ones! At Air Liquide *Healthcare*, we carry the most popular brands of masks from Respronics, Fisher & Paykel and Resmed, and we give you the opportunity to **trial any mask for 2 Weeks** before you buy.

Respronics Life masks Series: the perfect fit

The Life masks Series are designed to be more durable, modular, comfortable and practical. It's a new generation of masks designed to be more personal and adaptable, to better fit the lives of OSA sufferers.



With its patented Auto Seal technology, the **EasyLife** nasal mask nearly **eliminates the need for manual mask adjustments**.

A revolutionary design makes **FullLife** a great choice for men and women who need a full-face mask but prefer something more compact with a **clear line of sight**.

Trial before you buy!

When looking at purchasing a new mask, always take the time to trial the mask at home and have it fitted by a qualified Sleep Consultant.

Call 1300 36 02 02 to book your mask trial today!

WIN a \$200 Accor Hotel voucher !

Describe the most important feature of a mask for your chance to win a \$200 Accor hotel voucher!

Enter via our website:

www.airliquidehealthcare.com.au

See website for details. Promotion ends 30-04-10



OSA and Depression

OSA is by far the most common sleep disordered breathing. Untreated OSA results in repetitive sleep interruption, which has far more consequences than simply leaving a person exhausted and groggy in the morning. The extent to which daytime function is affected generally depends on the severity of OSA including neurological symptoms such as **irritability, difficulty concentrating, cognitive impairment, depressive symptoms** and other psychological disturbances.

The two main factors suspected to be responsible for depressive symptoms in OSA are **sleep fragmentation** and **oxygen desaturation** during sleep⁽¹⁾.

Untreated OSA and depression share similar symptoms such as lethargy, excessive fatigue, trouble concentrating, weight gain and irritability. Although much more research is needed in this area, using your CPAP regularly and at the correct pressure alleviates these symptoms and improves your quality of life.

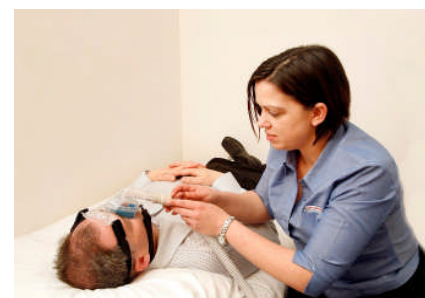
If you're waking up unrefreshed or are having difficulties using your CPAP therapy regularly, book a therapy review with us today.

⁽¹⁾ Carmen Schroder and Ruth O'Hara: 'Depression and Obstructive Sleep Apnea', *Annals of General Psychiatry* 2005, 4:13

Get in shape!

Get your CPAP equipment in shape this Autumn. Book a complete CPAP equipment and therapy review today. For just \$30, receive:

- ✓ Therapy review
- ✓ Mask re-fitting
- ✓ Data download for your next specialist appointment
- ✓ CPAP unit pressure test and calibration



Book your complete CPAP therapy and equipment review 1300 36 02 02

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Locations around Australia

April 2010

NEW SOUTH WALES

ALEXANDRIA

Unit 5/476 Gardeners Rd
ALEXANDRIA 2015
Tel: 02 9364 7474

BROKEN HILL

149 Harris St
BROKEN HILL 2880
Tel: 08 8087 2403

COFFS HARBOUR

Banana Coast Nursing Service
66 Albany St
COFFS HARBOUR NSW 2450
Tel: 02 6651 3153

INVERELL

138 Old Bundarra Rd
INVERELL 2360
Tel: 02 6722 4017

LAURIETON

Shop 4, Bayside Cct
LAURIETON 2443
Tel: 02 6559 9030

NEW LAMBTON

Unit 2/18 Alma Rd
NEW LAMBTON 2305
Tel: 02 4950 9635

NORTH BATEMANS BAY

11431 Princess Hwy
NORTH BATEMANS BAY 2536
Tel: 02 4472 8410

ORANGE

Shop 1, 155-159 Dalton St
ORANGE 2800
Tel: 02 6369 0958

STRATHFIELD

Strathfield Private Hospital
3 Everton Rd
STRATHFIELD 2135
Tel: 02 9745 7454

WAGGA WAGGA

26 Docker St
WAGGA WAGGA 2650
Tel: 02 6925 3633

WAITARA

106 Balmoral St
WAITARA 2077
Tel: 02 9485 3555

WESTMEAD

Shop 19/24 Railway Pde
WESTMEAD 2145
Tel: 02 9633 5404

WOLLONGONG

Unit 2/17 Denison St
WOLLONGONG 2500
Tel: 02 4225 7811

ACT - CANBERRA

PHILLIP

77 Dundas Crt
PHILLIP ACT 2606
Tel: 02 6285 2979

SOUTH AUSTRALIA

KENT TOWN

95 Fullarton Rd
KENT TOWN 5067
Tel: 08 8331 1648

EDWARDSTOWN

13 Weaver St
EDWARDSTOWN 5039
Tel: 08 8299 0496

QUEENSLAND

AUCHENFLOWER

Wesley Medical Centre
Suite 48, 40 Chasely St
AUCHENFLOWER 4066
Tel: 07 3870 0711

BOWEN HILLS

25 Campbell St
BOWEN HILLS 4006
Tel: 07 3252 8039

BUNDABERG

Friendly Society Chemist
9 Barolin St
BUNDABERG 4670
Tel: 07 4154 0540

CAIRNS

19 Industrial Ave
STRATFORD 4870
Tel: 07 4058 2433

GOLD COAST

Unit 1/72 Township Dr
WEST BURLEIGH 4220
Tel: 07 5520 4870

KINGAROY

Kingaroy Home Aids & Health Equip
Shop 4, 13 Alford St
KINGAROY 4610
Tel: 07 4162 5125

MARYBOROUGH

The Friendlies - Independent Living
Shop 2, 133 Lennox St
MARYBOROUGH 4650
Tel: 07 4123 2733

MACKAY

AFS Pharmacy
135 Nebo Rd
MACKAY 4740
Tel: 07 4957 4636

NAMBOUR

Home Healthcare
26 Ann St
NAMBOUR 4560
Tel: 07 5451 2620

TOOWOOMBA

Toowoomba Specialist Centre
Suite 9, 9 Scott St
TOOWOOMBA 4350
Tel: 07 4639 4844

TOWNSVILLE

Centrepoint Shopping Centre
Shop 3, 272 Ross River Rd
AITKENVALE 4814
Tel: 07 4728 8277

VICTORIA

HEIDELBERG

190 Burgundy St
HEIDELBERG 3084
Tel: 03 9458 3102

NORTH SUNSHINE

40 Bunnett St
NORTH SUNSHINE 3020
Tel: 03 9310 1200

RICHMOND

135 Burnley St
RICHMOND 3121
Tel: 03 9427 9959

Please call before visiting our outlets to confirm opening hours.