

Bedside Tales

News from your Sleep Services Specialist

June 2010

Going on vacation? Don't forget to pack your CPAP!

CPAP treatment may not be the most convenient thing to use when you travel but you should consider the alternative which may be an extremely disrupted sleep accompanied by loud snoring...

One more night without CPAP is unlikely to put you at risk. However, you should understand that as soon as you stop using CPAP your breathing during the night will deteriorate and your daytime symptoms will return.

Advanced planning is the key to the success of your trip : discuss with your AIR LIQUIDE Healthcare outlet the requirements for power inverters, battery chargers and a car adapter.

Rules and regulations on airlines

When traveling with a CPAP machine, there are a few things you should keep in mind.



- ✓ Carry a letter from your doctor certifying your need for CPAP treatment - this will help you with airport security screening. **If you are going to a non-English speaking country it may be a good idea to get this translated into the appropriate language.**
- ✓ Obtain approval from the airline's Medical Services for CPAP use on the flight **including** Battery Pack.
- ✓ Arrange seating close to a power source on the aircraft – The website www.seat.guru.com lists information from most major aircrafts
- ✓ Confirm the voltage type of **power cord or adapter** required by the aircraft
- ✓ **Travelling to Higher Altitudes?** – Check to make sure your CPAP unit can adjust automatically or make sure you can manually adjust it, otherwise your therapy may be ineffective.

Travel easily with the Respironics Battery pack

You can use it to go camping, fishing...and it works with Respironics and ResMed devices!!!

Philips Respironics' Universal Portable Battery Pack and DC Power Accessories are designed for use with respiratory and sleep-related products.

The Universal Portable Battery Pack is ready to go in places where conventional electricity is not available. This rechargeable battery is **lighter** (6.5kg) and more compact than the traditional gel cell, it has a 14.4 amps/hour rating and it comes with a **one year warranty**.



The Universal Portable Battery Pack

- ✓ Comes with a black Travel Bag, with padded carry handle and front pocket.
- ✓ Overall size is 19cm wide, 16cm deep and 23cm high. Inverter/converter plugs into the barrel receptacle accessed through the front pocket.
- ✓ Recharging is from mains power using the enclosed power cord.

Visit your local AIR LIQUIDE Healthcare outlet and get the Respironics battery pack for \$600!

Win a \$50 Coles Myer Gift Card!

Visit our website to win a Gift Card!

Tell us what you would value most in a long term sleep services loyalty program to win:

www.airliquidehealthcare.com.au



Promotion ends 30-06-10

Get your CPAP equipment in shape for Winter!

Get a complete CPAP equipment and therapy review for just \$30:

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

Book your complete CPAP therapy and equipment review

1300 36 02 02



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Locations around Australia

June 2010

NEW SOUTH WALES

ALEXANDRIA

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

BAULKHAM HILLS

Hills Private Hospital
499 Windsor Road
BAULKHAM HILLS 2153
Tel: 02 9686 0753

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.