



[Epworth Sleepiness Scale]

Assessing Results

A score of 10 or more is considered sleepy.

A score of 18 or more is considered very sleepy.

If you score 10 or more on this test, you should discuss the results with your doctor.

Note: Not all people with OSA experience daytime sleepiness. If you did not score in the higher ranges but you have concerns about your sleep, talk to your doctor.

Epworth Sleepiness Scale reproduced with permission from the author. © M.W. Johns, 1990-1997.

Puritan Bennett® CPAP Products

Puritan Bennett has been making respiratory care products used in the hospital and home for more than 50 years. We understand the needs of sleep apnea patients, and we've spent years developing sleep therapy devices and masks that are easier and more comfortable to use.

GoodKnight® 420 Series CPAP System

Smaller and lighter than other positive airway pressure devices—the 420 Series CPAP devices won't crowd the nightstand and are easy to pack for travel. Whisper-quiet operation ensures you and your sleeping partner can enjoy a peaceful night's sleep. And these systems are designed to synchronize with your natural breathing patterns for greater comfort.



3" tall, 5.5" wide, 8" deep

Puritan Bennett CPAP Masks

Puritan Bennett has a variety of CPAP masks that offer unsurpassed comfort and the freedom to sleep in virtually any position.

Ask your doctor or sleep specialist for additional information on Puritan Bennett's entire portfolio of proven sleep therapy products. You can also visit the "Products/Sleep Therapy" section of our website at www.puritanbennett.com.

[If you have OSA, you're not alone.]

The number of diagnosed cases of OSA has increased dramatically over the past several years.

- > More than 12 million Americans are estimated to suffer from obstructive sleep apnea, yet only about 10% have been diagnosed.
- > OSA is as common as asthma and diabetes in the adult population.
- > OSA is most common in middle-aged men and post-menopausal women. However, it also occurs in younger people, including children.
- > OSA is more common in people who are overweight or have large necks.

Learn more about sleep apnea from these national nonprofit associations:

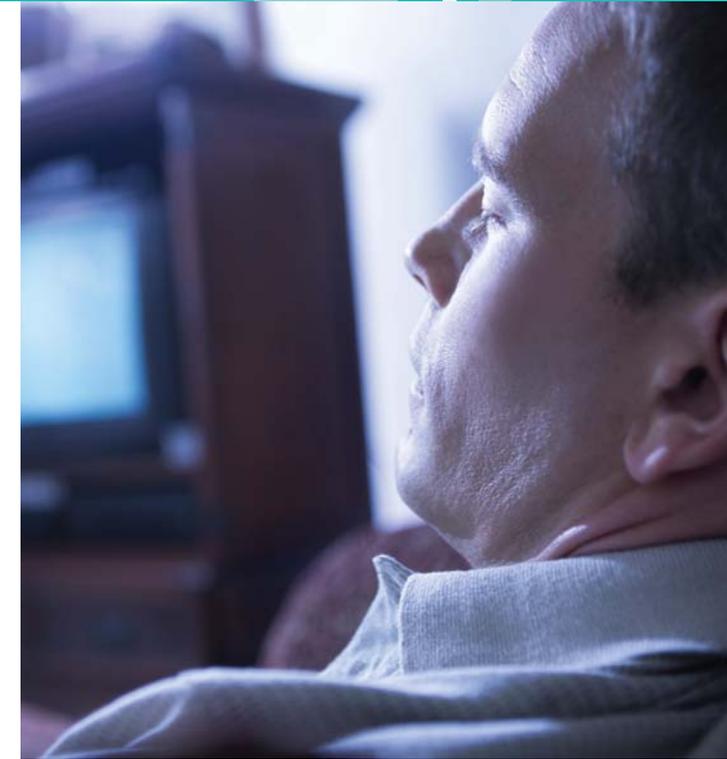
National Sleep Foundation (NSF)
www.sleepfoundation.org



American Sleep Apnea Association (ASAA)
www.sleepapnea.org

Puritan Bennett is a corporate sponsor of the NSF and ASAA.

© 2005 Nellcor Puritan Bennett Inc.
All rights reserved.
A.aa 2402-0905 ST03000



A Guide to Identifying and Treating Obstructive Sleep Apnea

Do you...

- Frequently feel very tired or sleepy during the day?
- Often have trouble concentrating?
- Snore, choke or gasp for air during sleep?
- Wake up frequently during the night?

A "yes" answer to any of these questions could be a sign of sleep apnea.



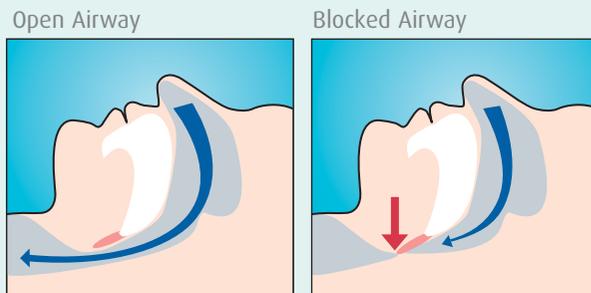
4280 Hacienda Drive
Pleasanton, CA 94588
Tel 925.463.4000
Toll Free 1.800.635.5267
www.puritanbennett.com

Tyco Healthcare UK LTD.
154 Fareham Road
Gosport, UK PO13 0AS
Tel +44.1329.224000



[What is obstructive sleep apnea?]

Obstructive sleep apnea (OSA) is a condition in which the upper airway collapses frequently throughout the night, causing breathing to stop. An “apnea event” may occur as often as 50 to 100 times per hour. As your body struggles to breathe, you may awaken and not even know it. These repeated sleep interruptions make you feel tired during the day. Because apnea prevents air from entering or exiting the lungs, the oxygen level of the blood drops, and the heart has to work harder.



Apnea can occur when excess tissue in the upper airway, such as abnormally large tonsils, blocks the airway during sleep. Apnea can also occur when the tongue or throat muscles relax too much to keep the airway open.

How serious is OSA?

OSA can cause serious health problems. In addition to affecting quality of life due to disrupted sleep patterns, OSA can lead to increased risk for heart attack, stroke and high blood pressure. It can also increase the risk of motor vehicle and work-related accidents. The good news is that OSA can be easy to treat once it is diagnosed.

How do I know if I have OSA?

People with OSA often feel very sleepy during the day. They may also suffer from headaches in the morning, feel depressed or irritable, and experience memory loss or sexual dysfunction. Other common symptoms include:

- > Loud snoring, with choking or gasping
- > Waking up frequently during the night
- > Having trouble concentrating during the day

If you suspect you may have OSA, contact your doctor for an evaluation.

Screening and testing for OSA

The short questionnaire to the right, called the Epworth Sleepiness Scale, is used to identify excessive daytime sleepiness—a common symptom of OSA. You can fill it out and give it to your doctor.

If your doctor suspects you have sleep apnea, you may be scheduled for an overnight sleep study at a sleep clinic. Most sleep clinics are quite comfortable and are designed to provide a natural sleeping environment. During the study, your sleep and breathing patterns will be monitored so your doctor and sleep specialist can make a diagnosis and decide on the best treatment for you.

How is OSA treated?

The most common and clinically effective treatment for OSA is continuous positive airway pressure (CPAP). Less common treatment options include surgery or wearing an oral appliance at night.

CPAP works by quietly delivering air through the nasal passages. The airflow prevents the airway from collapsing during sleep. The CPAP device can easily fit on a nightstand. It attaches to a light-weight, comfortable nasal mask worn by the patient at night.

Benefits of CPAP treatment

People with OSA who begin CPAP treatment are often amazed at how quickly their symptoms are reduced. Some people report feeling better after the first day of treatment! Benefits of CPAP include:

- > Reduction or elimination of breathing interruptions (apnea) and snoring.
- > Sleep patterns return to normal.
- > You feel more rested and alert during the day.
- > Less strain on the heart.
- > Blood oxygen level improves, reducing the serious health risks linked to sleep apnea.



How do I choose the right CPAP system?

Your doctor or sleep specialist will work with a homecare equipment provider to choose an appropriate CPAP system for you. In most cases, your insurance or health plan covers the costs.

Make sure you discuss your personal needs and lifestyle when choosing a CPAP system. Consider these important factors:

- > Comfort and fit of mask; ability to sleep in any position
- > Size and weight of CPAP
- > Sound level
- > Ease of use and maintenance
- > Durability
- > Automatic altitude adjustment (for patients who travel)

This short questionnaire is used by doctors to screen patients for sleep disorders. It helps identify excessive daytime sleepiness—a common symptom of obstructive sleep apnea (OSA). You can fill it out and see the reverse side to assess your score. If appropriate, share your results with your physician or a sleep specialist.

As you review each situation below, ask yourself how likely you are to doze off or fall asleep, in contrast to just feeling tired. Refer to your most recent or most typical experience with each activity.

[Epworth Sleepiness Scale]

Use the following scale to choose the **most appropriate number** for each situation:

- 0 = would never doze
- 1 = slight chance of dozing
- 2 = moderate chance of dozing
- 3 = high chance of dozing

Chance of Dozing (0-3)	Situation
_____	Sitting and reading
_____	Watching TV
_____	Sitting, inactive in a public place (e.g. a theatre or in a meeting)
_____	As a passenger in a car for an hour without a break
_____	Lying down to rest in the afternoon when circumstances permit
_____	Sitting and talking to someone
_____	Sitting quietly after lunch without alcohol
_____	In a car, while stopped for a few minutes in traffic
_____	Total Score (add the numbers up) (This is your Epworth score)