



WHY CHOOSE US?

The CPAP Central team ensures that our excellent selection of products is matched by outstanding service.

WE OFFER ONLY TOP-RATED PRODUCTS.

CALL US TODAY!

• **HAMILTON**

P: 289.389.1730 | F: 289.389.2096

info@cpapcentralinc.ca

754 Queenston Rd., Unit 5A, Hamilton, L8G 1A4

• **GEORGETOWN**

P: 905.877.1991 | F: 905.873.6006

georgetown@cpapcentralinc.ca

251 Guelph St., Unit 201, Georgetown, ON L7G 4B1

• **OTTAWA (KANATA)**

P: 613.595.0660 | F: 613.595.0110

kanata@cpapcentralinc.ca

99 Kakulu Rd., Unit 112, Kanata, ON K2L 3C8



VISIT US ONLINE AT
cpapcentralinc.ca



Your trusted CPAP provider

BENEFITS OF OSA TREATMENT

(Obstructive Sleep Apnea)

- Lowered blood pressure
- Decreased risk of strokes and heart attacks
- Decreased risk of type 2 diabetes
- Less waking during the night
- Increased energy and alertness during the day
- Increased effectiveness at home or at work
- Fewer morning headaches
- **Improved overall quality of life**

Mental health conditions:

- Less mood disturbance, anxiety, memory loss and poor concentration
- Improved ADHD
- Less depression and irritability

THE CPAP CENTRAL ADVANTAGE!

- CPAP, APAP and BiPAP therapy trials available
- ADP/VAC authorized vendor
- Our funding experts provide estimates for insurance providers
- Provide extended warranty
- Our clinical care specialist is assigned to each client and will provide on-going education, guidance and post-purchase follow up as required
- System check-ups
- Remote monitoring to assist with adherence to therapy and troubleshooting
- Mask Satisfaction Guarantee Program
- Home visits and delivery available

**WE CAN HELP YOU
GET A
BETTER SLEEP
FOR IMPROVED OVERALL
QUALITY OF LIFE!**



**VISIT US
ONLINE AT**
cpapcentralinc.ca

• **HAMILTON** 289.389.1730

• **GEORGETOWN** 905.877.1991

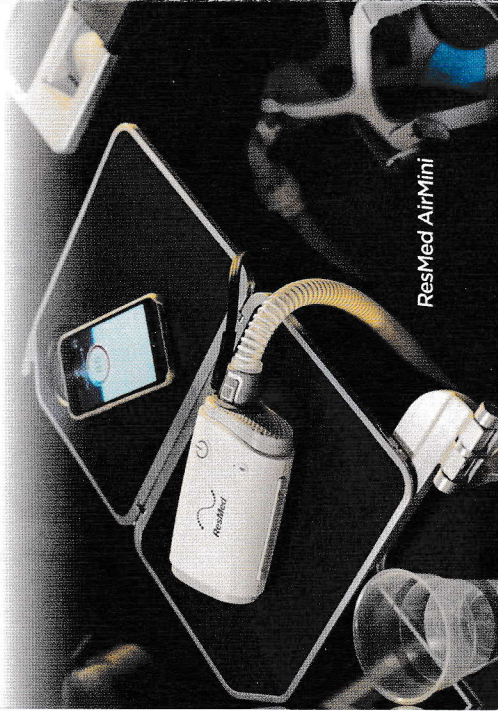
• **OTTAWA (KANATA)** 613.595.0660

WHAT IS SLEEP APNEA?

Sleep apnea is a serious sleep disorder that occurs when a person's breathing is interrupted during sleep. People with untreated sleep apnea stop breathing repeatedly during their sleep. This can mean the brain, heart and the rest of the body may not be getting enough oxygen.

There are two types:

- 1) Obstructive Sleep Apnea (OSA): most common type caused by an obstruction in the upper airway in the presence of continued respiratory effort. Those with OSA appear to be quiet and still as if they are holding their breath, followed by a desperate effort to inhale. Severe cases can cause you to suddenly wake up, sit upright and/or start gasping.
- 2) Central Sleep Apnea: Unlike OSA, the airway is not obstructed, instead the brain fails to signal muscles of the lung.
 - Obesity
 - Endocrine and metabolic disorders
 - Large neck circumference (men: >17" women: >16")
 - Excessive sedatives or alcohol use
 - Upper airway or facial abnormalities
 - Current smoker or history of smoking
 - Risk for males>females
 - Age>40



ResMed AirMini



WHAT ARE THE BENEFITS OF CPAP?



Lowered blood pressure and risk of heart attack



Improved mental health and happiness



Reduced snoring



Increased control of diabetes



Decreased risk of motor vehicle accident



Increased productivity/workflow

WHAT IS THE TREATMENT OF OSA?

The preferred method and most common treatment option for OSA is the use of positive airway pressure (PAP). This type of therapy provides a constant or variable air flow through your nose and/or mouth to keep the airway open throughout the night. The therapy is non-invasive and can alleviate all symptoms of OSA when used regularly.



Obstructed Airway

Normal Airway

POSITIVE AIRWAY PRESSURE (PAP) TREATMENT OPTIONS

CPAP (continuous positive airway pressure): provides continuous pressure of air throughout the night to keep your airway open.

APAP (auto-adjusting positive airway pressure): this type of therapy will self-adjust the pressure to keep an open airway throughout the night.

Bilevel/ BIPAP (bilevel positive airway pressure): this type of therapy involves two different pressures and is used for more severe cases of OSA.



Sound sleep. Improved overall quality of life!