

Sleep Apnea: Beyond The CPAP

What the home test measures, the five treatments that are not a CPAP machine, and the questions that decide which one fits you.

✓ **Verified against published guidance** from NHLBI, Mayo Clinic & Johns Hopkins Medicine · sources below

Sleep apnea is diagnosed and treated by a healthcare professional (Mayo Clinic). Johns Hopkins Medicine lists untreated obstructive sleep apnea alongside raised blood pressure, heart failure, stroke and arrhythmia, and names accidents caused by falling asleep while driving or operating machinery. If you are falling asleep at the wheel, stop driving and call your provider today.

✓ Do This

Ask Which Test You Get

- Lab study or home test
- Ask why yours was chosen
- Home tests measure less

COACH'S TIP Mayo Clinic names both.

Write Down What Is Heard

- Pauses in the breathing
- Who noticed, and when
- A loud gasp on restart

COACH'S TIP Johns Hopkins lists these.

Try The Side Sleeping Rule

- Sleep on your side
- Costs nothing to test
- Not flat on your back

COACH'S TIP NHLBI lists it first.

Ask About An Oral Device

- Holds the lower jaw forward
- Fitted, not bought online
- Or holds the tongue forward

COACH'S TIP Mayo names both types.

Ask About A Pressure Change

- APAP adjusts by itself
- Same idea, different feel
- BPAP splits in and out

COACH'S TIP NHLBI lists all three.

Keep The Base Habits

- Regular physical activity
- Quit smoking
- Less alcohol and caffeine

COACH'S TIP NHLBI treatment group one.

✗ Do Not

Do Not Wait To Be Sure

- 9 in 10 do not know
- Ask about the others
- Snoring is one sign only

COACH'S TIP Johns Hopkins Medicine.

Do Not Treat Home As Final

- It measures fewer things
- Ask if you should repeat
- A lab study sees more

COACH'S TIP Mayo on home testing.

Do Not Buy A Guard Online

- These devices are fitted
- Ask a dental provider
- Jaw position matters

COACH'S TIP Mayo describes the fitting.

Do Not Swap In A Stimulator

- An awake tongue device
- Not for moderate or severe
- Not a CPAP replacement

COACH'S TIP Mayo says so plainly.

Do Not Drive Sleepy

- Falling asleep at the wheel
- Call before you drive
- A named consequence

COACH'S TIP Johns Hopkins lists it.

Do Not Skip The Neck Check

- Over 16 inches, women
- A listed risk factor
- Over 17 inches, men

COACH'S TIP Johns Hopkins risk list.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

9 in 10 Do not know they have it

16 / 17 in Neck size risk threshold

150 min Weekly aerobic exercise