

# SnoozeNews



December 2014

## Are you on CPAP?

### Here's what you should expect from your homecare company

#### 30 Free Trial

Before you purchase your CPAP machine and mask, you should be receiving a 30 day free trial in order to test out the machine and mask and see how they work for you. It's important that you feel comfortable, so you may have to switch between a couple different machines and/or masks in order to find the right one. The 30 day free trial will allow you time to test out a model (or a few) and decide for yourself what works best.

#### Ongoing care

After purchasing your CPAP machine, you should expect to hear from your home care company within 1 week to follow up on your experience thus far. After that, you should also expect to hear from the home care company after 3 months, 6 months and every year after that. This is to ensure that your therapy is continuing as per Doctor's orders; in addition, it gives patients a chance to address any concerns or questions they have regarding their therapy.

#### No charge for downloads

Appointments made with the Sleep Medicine Specialist to follow up on the progress of your CPAP therapy treatment often times require a record of CPAP usage; we refer to these as downloads. Your home care company should be providing downloads free of charge, when requested by a Physician.

For information on how you can get a better night sleep, visit [www.accqsleeplabs.com/resources](http://www.accqsleeplabs.com/resources)

*To unsubscribe, email: [stephanie@accqcorp.com](mailto:stephanie@accqcorp.com)*

### Stay tuned

Information regarding the implementation of MATRx in our Paris location will be in the December issue of Snooze News. MATRx is a titration device for Oral Appliance Therapy; Oral Appliance Therapy is another form of treatment for mild to moderate obstructive sleep apnea. For additional information on MATRx, please visit [zephyrsleep.com](http://zephyrsleep.com)

## Accq Sleep Lab Locations

#### KW Sleep Lab

295-180 King Street S.  
Waterloo, Ontario  
N2J 1P8  
Tel: 519-745-2621  
Fax: 519-745-7174

#### Paris Sleep Lab

139 Grand River Street N.  
Paris, Ontario  
N3L 2M4  
Tel: 519-442-6389  
Fax: 519-442-7983

#### Owen Sound Sleep Lab

945 3<sup>rd</sup> Avenue East  
Owen Sound, Ontario  
N4K 2K8  
Tel: 519-371-5217  
Fax: 519-371-5736

ADP Registered Facilities & Physicians

**Dr. E.H. Tadross | Dr. C.W. Galarraga | Dr. H. Singh | Dr. C. Ogugua | Dr. A.K. Nagpal | Dr. H. Racz | Dr. J. Nemni**  
*Members of the Ontario Telemedicine Network (OTN), allowing our physicians to perform consultations remotely*