

Looking after your CPAP therapy

Our records show you are managing your sleep apnoea well and therefore we are transferring your care to our community program. You have been discharged from the hospital Sleep Health Service.

USL Medical, the community CPAP service, will now help you look after your own CPAP therapy.

Things you need to do:

- Sign up for the app matching your CPAP device (turn over this page for instructions)
- Continue to use CPAP therapy nightly
- Clean and maintain your equipment
- Look after yourself:
 - Get enough sleep
 - Eat well
 - Move often



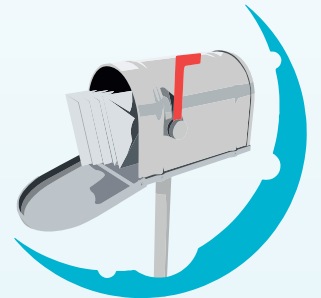
Your GP can help with:

- General health concerns
- The return of sleep apnoea symptoms like snoring or excessive sleepiness during the day
- Reports for NZTA (New Zealand Transport Agency) if needed for your job



USL Medical can help with:

- Replacement masks and parts for your CPAP equipment
- Posting these parts once every 12 months (if you need these more frequently than this, you can buy this yourself privately)
- You will contact USL Medical if your address changes



USL Medical is your new contact for support with your CPAP equipment and parts. For the replacement of CPAP therapy parts, contact USL Medical:

0800 875 272 | cpap@uslmedical.co.nz

usl medical

How to download your therapy app

Use the therapy app for your CPAP device to track your progress.

The apps offer helpful therapy tips and they can be used to show useful information to your GP team.



My machine is made by

Fisher & Paykel
HEALTHCARE


ResMed

Option 1: Smart Phone



Open the **Apple App Store**
or **Google Play Store** on your phone



Download the **SleepStyle App** and sign up

Option 1: Smart Phone



Open the **Apple App Store**
or **Google Play Store** on your phone



Download the **MyAir App** and sign up

Option 2: Computer

Sign up by visiting
<http://sleepstyle.fphcare.com>

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