Take **CONTROL** of your **SLEEP APNEA**

There’s now a mobile and web-based solution that allows sleep apnea patients to take an active role in their sleep therapy

**Approximately 1 out of 5 adults have mild sleep apnea.**

**The gold standard for sleep apnea therapy is CPAP.**

**Only 46% of people follow their CPAP therapy regularly.**

**Factors that may contribute to CPAP therapy long-term compliance**

- **Appropriate, timely education and support**
- **Behavioral and psychological factors**

**88% of physicians support patients monitoring their own health at home.**

**19% of smartphone owners already have at least one health app on their phone.**

With SleepMapper, you can:

- **Stay engaged with your CPAP experience**
- **See your sleep therapy results quickly and easily**
- **Get daily information specific to your therapy results**
- **Watch videos about OSA**

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