



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**⁽¹⁾

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



Only 46% of people follow their CPAP therapy regularly⁽²⁾

Factors that may contribute to CPAP therapy long-term compliance⁽³⁾



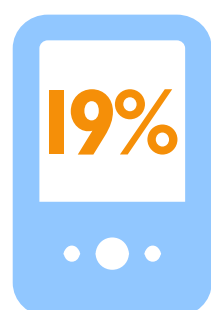
Appropriate, timely education and support⁽⁴⁾



Behavioral and psychological factors⁽⁵⁾

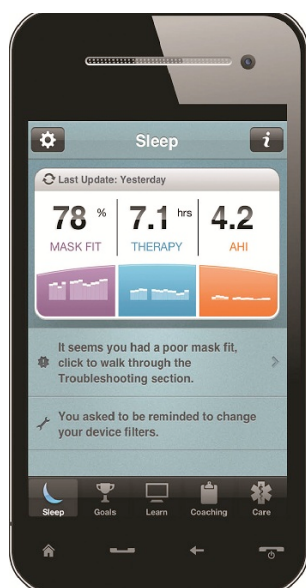
88%

of physicians support patients monitoring their own health at home⁽⁶⁾



of smartphone owners already have **at least one health app** on their phone⁽⁷⁾

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

PHILIPS
RESPIRONICS

www.SleepMapper.com

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2. Kribbs, et al. (1997). Objective measurement of patterns of nasal CPAP use by patients with OSA. *American Review of Respiratory Disease*; 4:147.
3. Catcheside, PG (2010). Predictors of continuous positive airway pressure adherence. *F1000 Medicine Reports* 2:70.
4. Engleman HM & Wild MR (2003). Improving CPAP use by patients with the sleep apnoea/hypopnoea syndrome (SAHS). *Sleep Medicine Reviews*; 7:81–99.
5. Broström A, et al. (2009). Putative facilitators and barriers for adherence to CPAP treatment in patients with obstructive sleep apnea syndrome: a qualitative content analysis. *Sleep Medicine*; 11:126–130.
6. FirstWord Intelligence Report, Digital Technologies to Boost Patient Compliance, September 2010.
7. Fox S. & Duggan M. (2012). Mobile Health 2012. Retrieved November 8, 2012 from: <http://www.pewinternet.org/Reports/2012/Mobile-Health.aspx>