





Walking with patients through the sleep apnea journey



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	Screening: Recognizing symptoms	Testing: Exploring diagnosis	Prescribing: Tailoring treatment	Treating: Overcoming challenges
Common barriers patients face	<div><div><div>51%</div><div>of patients haven't discussed their sleep with a doctor.¹</div></div><p>Many patients don't realize that fatigue, morning headaches, or high blood pressure can be linked to untreated OSA, leading to delays in treatment.²</p></div>	<div><div><div>40%</div><div>of adults suspected of having OSA don't get tested.⁴</div></div><p>Limited accessibility, confusion about testing options, and fear of diagnosis can lead patients to avoid testing, even when referred.</p></div>	<div><div><div>Up to 30%</div><div>of patients don't start OSA therapy after diagnosis.⁷</div></div><p>Stigma and fear of long-term therapy often deter patients from pursuing CPAP treatment, delaying their access to necessary care and progress toward better health.</p></div>	<div><div><div>25%</div><div>of patients stop OSA therapy within the first year.⁷</div></div><p>Patients may stop using therapy due to a lack of guidance or support, decreased motivation or therapy-related challenges.</p></div>
How you can help	<p>Screen for sleep apnea using validated tools like the Epworth Sleepiness Scale questionnaire.³</p> <div><div>Example response:</div><div>How is your sleep? Do you feel rested and refreshed during the day?</div></div>	<p>Present at-home testing as a convenient option that allows qualifying patients to complete their sleep study comfortably in their own bed.</p> <div><div>Example response:</div><div>Home sleep tests are convenient, simple, and some have been shown to be more than 90% accurate.⁵</div></div>	<p>Personalize OSA treatment plans to each patient—because when care feels tailored, and equipment feels manageable, adherence becomes much more achievable.</p> <div><div>Example response:</div><div>CPAP therapy could be life-changing for you. Some patients notice symptom relief after their first night of use.⁸</div></div>	<p>Connect patients to coaching and online tools, and schedule a 30–90 day follow-up to meet compliance and support therapy adherence.</p> <div><div>Example response:</div><div>The more you use your CPAP—ideally over 4 hours a night—the better you'll start to feel.</div></div>
Why your help matters	<p>Prioritizing sleep health and early screening leads to timely diagnoses, effective treatment, and a more successful health journey.</p>	<p>Patients who receive tailored educational interventions are more than twice as likely to complete sleep testing.⁶</p>	<p>Early, empathetic support makes a real difference in patient long-term outcomes.⁹ Treating OSA can change lives—from helping patients reduce cardiovascular risk to improving daily function.¹⁰</p>	<p>Engaging patients with supportive strategies not only improves CPAP adherence—it leads to better outcomes, fewer follow-up challenges and a smoother care journey.¹¹</p>

1. American Academy of Sleep Medicine. Sleep Prioritization Survey 2024. 2. sleepapnea.org, sleep-news; accessed February 20, 2025. 3. Kapur et al. AASM 2017 Mar 15; 13(03): 479–504. 4. SleepApnea.org survey 2013. 5. Hung et al. J Chin Med Assoc. 2022 Jul 1;85(7):788–792. 6. Aalaei et al. PLoS ONE. Jan (2021). 7. Yoon Hyo-Eun et al. J Sleep Med 2021;18(1):22–28. 8. Djonlagic et al. Sleep Med. 2015. 9. Pollak et al. J. Am. Board Fam. Med. 2011 Nov, 24 (6x) 665–672. 10. Sánchez-de-la-Torre et al. JAMA. 2023 Oct 3;330(13):1255–1265. 11. Smith et al. Am Fam Physician. 2021;104(4):356–358. Distributed by Resmed Corp, 9001 Spectrum Center Boulevard, San Diego, CA 92123 USA. (858) 836–5000 or (800) 424–0737 (toll-free). See Resmed.com for other Resmed locations worldwide. © 2025 Resmed. 10114318/1 2025–02.