



Advanced
Sleep Therapy, LTD

Home Safety Tips

Be Prepared

Place telephones within easy reach of both your bed and the area you sit most often. Include emergency phone numbers on or near every phone in your home. Having a first aid kit in your home and car is very useful.

Avoid Fires

Install smoke alarms and carbon monoxide alarms throughout the house. Test them periodically to make sure they work. Batteries should be changed at least once a year. Place fire extinguishers in the kitchen and other rooms. Make sure you know how to use them. Never smoke in bed. Turn off appliances when they are not in use. Run electrical cords along walls, not under rugs. Don't overload outlets and extension cords. Never store flammable liquids such as cleaning agents and paint supplies near heating units. Keep space heaters a safe distance from combustibles. Be sure to follow the manufacturer's guidelines. Have more than one escape route from your home. Practice these routes with your family.

A Recipe for Careful Cooking

Keep flammable objects such as curtains, aprons and dishtowels away from stoves. Never wear loose clothing near a stovetop while cooking. Never leave cooking unattended. Don't cook if you are drowsy. Heat oil slowly heating oil too quickly can easily start a fire. If a pan catches fire, carefully place a lid over the pan and turn off the heat. Leave the lid on until completely cool. Always clean appliances and surfaces after cooking to prevent grease buildup. Make sure handles on cookware are secure and always turned toward the center of the stove when cooking. Use a step stool instead of a chair to climb to a high shelf.

Avoid Falling

Make sure staircases are well lighted and have convenient switches and night-lights at the top and bottom. Securely fasten all carpeting and make sure all throw rugs or area rugs have non-skid backing. Install rubber mats or safety decals in bathtubs and showers. Close cabinet doors and drawers when they are not in use. Keep staircases and hallways free of clutter. Remove objects you might trip over. Never go up and down stairs carrying things that could block your vision or put you off balance. Keep items you use often in cabinets that can be reached easily. Wear shoes that give good support and have non-slip soles. Avoid wearing slippers.

Advance Directives Information

Advanced Sleep Therapy Ltd. wishes to inform you of our company's position with respect to resuscitative and life-sustaining action.

In an emergency where medical assistance is required, cardiopulmonary resuscitation (CPR) trained clinical personnel will initiate any necessary CPR, activate the emergency medical system, and will remain until medical assistance arrives. Non-clinical personnel will call 9-1-1 and wait for emergency medical assistance to arrive. Advanced Sleep Therapy Ltd. will honor Advanced Directives that we have on file, so if you formulate an Advance Directive, please make sure we maintain a current copy for our records. We also suggest that you post your Advanced Directive or Do Not Resuscitate documents where they can easily be found for all healthcare personnel providing services.

Should such an advance directive be in effect, or should you choose to formulate such an advance directive, you must inform Advanced Sleep Therapy Ltd. through a staff member, so that appropriate steps can be taken.

If you have any questions on advance directives, kindly contact our Director of Patient Services at 888-860-3100.

Better Sleep. Better Health.

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Emergency Preparedness for PAP Therapy

Power Outages

Most people on CPAP, BiPAP, AutoPAP, and VPAP can go without their "PAP" for a few hours or a few nights without endangering their health. However, there are, in rare cases where nightly use of PAP therapy is essential and may pose serious health risks if not used. A back-up power source is imperative for these people. **Please ask your physician to determine your health risks associated with brief periods of time off of your PAP.**

If your doctor determines that it is absolutely necessary for you to be on PAP therapy every night without interruption then contact your power company. They have forms that your doctor must sign to indicate that it is life threatening for you to go without power. You will be placed on a list however they will not promise to get power to you sooner.

In addition, for power outages lasting several days talk in advance with your local police department, fire department, hospital, or any place that has its own generator. Find out if you could use their power overnight during an outage. A copy of the doctor's prescription or letter of medical necessity may be useful.

Back up equipment

Most PAPs can run on DC power from a portable battery, car battery, RV, or marine battery. Some run on generic DC power cords but some need specific cords for your machine. Please ask an AST representative if you have questions regarding your unit.

The majority of PAP users do not need a back-up power supply but may want one to avoid symptoms of sleep apnea.

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