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**From:** Mary Beth Covey <mbc@Aerocareusa.com>

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**To:**

**Subject:** Video Final version 1.1

Greetings New PAP user! Welcome to a good nights sleep!

Your doctor has prescribed PAP (**P**ositive **A**ir **P**ressure) therapy for you in order to help resolve a condition called OSA (**O**bstructive **S**leep **A**pnea). In preparation for your appointment to receive your new PAP device, please copy and paste any of the links below into your browser to view a few select videos that will help prepare you for your appointment and for successful PAP therapy. Most are very short. There are many videos online to view if you choose to see more than these few. We have selected these in an attempt to give you a quick overview on a variety of topics of what to expect in general for your therapy. For your convenience, the time is listed beside each video.

For the more complete overview of OSA and Sleep Disordered Breathing, the last video is a more comprehensive video and is a bit longer, but GREAT if you are interested in completely understanding OSA and related breathing disorders that can happen during sleep.

During your "set up" visit to receive your machine you will be fitted with the best mask choice for you, instructed on the operation, use, comfort settings, and cleaning instructions for your PAP device and supplies. Please view as many of these videos as possible prior to your appointment for PAP set up so we can help you "Sleep a little easier".

Thank you!  
Your PAP Support Team

1. **What is Obstructive Sleep Apnea (OSA) (1 minute 56 seconds)**  
<https://www.youtube.com/watch?v=lvFhNk7oOr8>
  
2. **How does CPAP work:**  
[https://youtu.be/Ct5-n9ouh\\_Q](https://youtu.be/Ct5-n9ouh_Q)
  
3. **Sleep Apnea - Adjusting to therapy** | Philips | Resironics (2 minutes 6 seconds)  
<https://www.youtube.com/watch?v=iPw2hbf14a8>
  
4. **Sleep Apnea - Starting therapy** | Philips | Resironics (2 minutes 33 seconds)  
<https://www.youtube.com/watch?v=sywrAzjrPe8>
  
5. **Sleep Apnea - Life with Therapy** | Philips | Resironics (2 minutes 53 seconds)  
<https://www.youtube.com/watch?v=hF8ev7ZgtM8>
  
6. **The Biggest Loser, Ashley and Sherry, Season 9**  
**Sleeping partner worried about you?** (6 minutes 9 seconds)  
<https://youtu.be/YvoTtxuvy7M>
  
7. **Understanding Sleep Disordered Breathing -**  
ResMed complete video on Sleep Disordered Breathing and OSA (12 minutes and 20 seconds) <https://youtu.be/-gie2dhqP2c>

Thank you.

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