

on treatment options

QUESTIONS TO ASK ABOUT YOUR SLEEP APNEA

If you have completed a sleep study and were told you have sleep apnea, you likely have a lot of questions but may be unsure how to get answers.

Your sleep apnea care team is the best source of information about your options and treatment. Here are some sample questions you might ask to better understand your sleep apnea and your options at each stage in your sleep apnea journey.

Consider asking the following questions: • What happens if I don't treat my sleep apnea? • What treatment(s) are used to treat sleep apnea? • How long do I need treatment? See our infosheet • What are the costs? "Keys to Success with • Are there changes I can make to improve my sleep apnea? PAP" for information • What do I do next? on success strategies Receive and start **Complete your** Your provider sleep study recommends PAP using PAP Speak to your provider Speak with your See your provider 30 to 90 days after receiving about your diagnosis home care company and treatement or DME **your PAP** Your provider Consider asking the Consider asking the recommends following questions: following questions: alternative What are my insurer's Do you have data from treatment? requirements for use? my PAP device? • Am I meeting the • Is my sleep apnea well requirements from my treated? insurer? See our infosheet • Do I have problems with "What is Sleep Apnea?" air leak? for more information How can I get my mask

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