Take
a
Deep
Breath

How to live with breathing challenges.

Notes:

Asthma ~ a respiratory condition marked by spasms in the bronchi of the lungs, causing difficulty in breathing. It usually results from an allergic reaction or other forms of hypersensitivity.

COPD ~ is a lung disease characterized by chronic obstruction of lung airflow that interferes with normal breathing and is not fully reversible. The more familiar terms 'chronic bronchitis' and 'emphysema' are no longer used, but are now included within the **COPD** diagnosis.

Sleep Disordered Breathing ~ a condition character-ized by repeated episodes of hypopnea (under breathing)   and apnea (not **breathing**) during **sleep**.
A significant proportion of adults are thought to experience **sleep-disordered breathing**.

SLEEP HYGIENE

HELPFUL TIPS TO HELP YOU SLEEP

What is sleep hygiene? "Sleep hygiene" is used to describe good sleep habits. Many of us don't pay attention to our sleeping habits but they are essential.

YOUR PERSONAL HABITS

FIX A BEDTIME AND AN AWAKENING TIME
The body "gets used" to falling asleep at a certain time, but only if this is relatively fixed.

AVOID NAPPING DURING THE DAY
Or make sure you limit the nap to 20-30 minutes.

AVOID CAFFEINE & ALCOHOL 4-6 HOURS BEFORE BED

EXERCISE, BUT NOT BEFORE BED
Strenuous exercise within two hours before bedtime can interfere with your ability to fall asleep.

A WORD ABOUT ELECTRONICS
Using electronics before bedtime is often a bad idea. They are engaging objects that tend to keep people awake. Some people find that listening to music helps them fall asleep since it is a less engaging activity.

YOUR SLEEPING ENVIRONMENT

USE COMFORTABLE BEDDING
Find comfortable bedding and a good temperature to keep the room well ventilated.

BLOCK OUT ALL DISTRACTING NOISE
Also eliminate as much light as possible.

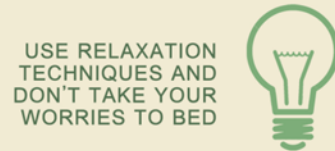**RESERVE THE BED FOR THE THREE S's: SLEEP, SEX, AND SICKNESS**
Don't use the bed as an office. Let your body "know" that the bed is associated only with the Three S's.

GETTING READY FOR BED

TRY A LIGHT SNACK BEFORE BED
Warm milk and foods high in the amino acid tryptophan, such as bananas, may help you sleep.

USE RELAXATION TECHNIQUES AND DON'T TAKE YOUR WORRIES TO BED

GET INTO YOUR FAVORITE SLEEPING POSITION
Don't toss and turn in bed. If you think it's been more than 30 minutes, get up, and do a relaxing activity (try light reading)

OTHER FACTORS

THE GOAL IS TO REDISCOVER HOW TO SLEEP NATURALLY.

Several physical factors are known to upset sleep. These include sleep apnea, pain, arthritis, acid reflux with heartburn, menstruation, headaches and hot flashes. Many medications can cause sleeplessness as a side effect. Psychological and mental health problems like depression, anxiety and stress are often associated with sleeping difficulty.

CAPS UC SAN DIEGO

CAPS.UCSD.EDU | (858) 534-3755

Equipment Handbooks

https://www.apria.com/resource-center/patient-education-materials/

American Lung Association, Asthma 101

http://www.lung.org/local-content/wisconsin/documents/asthma-101-english.pdf

Local Sleep Study Programs & Pulmonologists:
- Sleep Insights, 10 Hagen Dr. #200 Rochester 14625, 585-385-6070
- Unity Sleep Disorders Center, 919 Westfall Rd. Suite A100 Rochester 14618, 585-723-7963 [check website for other locations]
- Strong Sleep Disorders Center, 2337 S Clinton Ave. Rochester 14618, 585-341-7575

Finding Krames

Krames-Monroe Plan

Krames-YourCare

Add

Add

MedAc

Manage Your Folders

Use the Folders page to add, rename, or delete a folder. Folders are used to save links to HealthSheets and Drug Information Sheets you use frequently, so you can find them quickly and print one or multiple sheets in one operation.

Account Name: MonroePlan

Help
> View Icon Key
> View Language Key
> Help with Folders

Action

Print   Normal   English   No Duplicate   Go
Print   Text Size   Language   Print Duplicate

Actions

Folder/Document Name
*Communicating with Patients and Heal
*Core Measures
*National Patient Safety Goals
A1c Test
Acid Reflux GERD

Browse HealthSheets™

On the Browse page, you can find HealthSheets based on their subject matter. The Browse page is organized as a click-through hierarchy of topics and subtopics.

Account Name: MonroePlan

BROWSE
> HealthSheets™
> HEDIS Measures of Care
> Core Measures
> National Patient Safety Goals

Languages

Available Languages

Folder/Document Name

Image Only
Anatomy & Physiology
Cardiology

Pos...m Care
Pulmonology
Radiology

Replacement Guidelines

Item (number)	HCPCS Code	Replacement Frequency
CPAP Mask	A7034	Every 3 months
CPAP Headgear	A7035	Every 3-6 months
CPAP Tubing	A7037	Every 3 months
Disposable Filter	A7038	2 new filters every month
Non-disposable Filters	A7039	2 new filters every 6 months
CPAP Chin strap	A7036	Every 6 months
Full Face Mask	A7030	Every 3 months
Oral CPAP Mask	A7044	Every 3 months
Humidifier Chamber	A7046	Every 6 months
CPAP Machine	E0601	Generally, every 3-5 years, or as necessary