

The logo for Respironics, featuring a stylized white wave above the word "RESPIRONICS" in a white, sans-serif font, set against a dark brown background.

RESPIRONICS®



**ARE YOU AWARE OF THE IMPACT
YOUR SLEEP AND BREATHING MAY
HAVE ON CHRONIC PAIN AND
HEADACHES?**

Clinical studies show a link between chronic pain syndrome and sleep-disordered breathing (SDB). For some people, their airflow decreases during sleep which causes sleep disruptions and decreased sleep quality. Sleep-disordered breathing may cause daytime sleepiness, headaches, lack of energy and chronic aches and pains.

ARE YOU AT RISK FOR SDB?

- Do you snore?
- Do you ever stop breathing during sleep?
- Do you have trouble falling asleep?
- Do you awaken at night and have difficulty falling back to sleep?
- Do you feel sleepy during the day?

If you answered yes to two or more of these questions, talk to your doctor. Your doctor can assess your need to have further evaluation of your breathing while you sleep. A sleep study will diagnose whether you have SDB and indicate the best treatment.

WHAT ARE THE BENEFITS OF TREATING SDB?

Clinical studies have shown that treatment of sleep-disordered breathing may:

- reduce daytime sleepiness
- improve daytime energy and stamina
- decrease chronic pain and tension and migraine headaches
- reduce the potential risk for heart attack, stroke and heart disease
- lower blood pressure

WHAT IS A SLEEP STUDY?

In order to be properly diagnosed, patients spend a night in a private room at a local sleep center, where sleep patterns, breathing and heart activity are monitored and recorded. The overnight recording is safe and painless.



**TALK TO YOUR DOCTOR IF YOU THINK
YOU MAY HAVE SDB.**

Respironics is a leading developer, manufacturer and distributor in the sleep-disordered breathing industry. It is recognized worldwide for its continuous stream of medical innovations and advancements in the management of sleep disorders. Having introduced the first commercially available CPAP device for the treatment of sleep apnea more than 20 years ago, the Company is continually pursuing new innovations that will improve the quality of patients' lives.

For more information about
Obstructive Sleep Apnea visit:

www.sleepapneainfo.com
www.respironics.com

The logo for Respironics features a stylized, wavy horizontal line above the word "RESPIRONICS" in a bold, sans-serif font. A registered trademark symbol (®) is located to the upper right of the word.

RESPIRONICS®

Customer Service: 1-800-345-6443 or 724-387-4000
Respironics Europe, Africa, Middle East: +33-1-47-52-30-00
Respironics Asia Pacific: +852-3194-2280
www.respironics.com

Respironics is a registered trademark of Respironics, Inc. and its affiliates.
©2007 Respironics, Inc. and its affiliates. All rights reserved.

Hoeh KW 7/11/07 MCI 4101255 PN 1047547