

Achieve your **sleep goals**

Our sleep coaching service works to motivate and coach you by providing personalized one-on-one care through live-call coaching and ongoing sleep apnea support up to 90 days or until your insurance requirements are met.



Sleep coach **outreach**

As part of our commitment to your health, one of our professional sleep coaches will serve as a personal resource to provide the support and motivation you need to incorporate CPAP therapy into your regular sleep routine.

- Our sleep coach will contact you by phone to follow-up on your experience with your new CPAP device and mask.

The phone number that will appear on caller ID is **1-800-644-3324** or **Compliance Coaching**.

Our sleep coaches proactively contact you to:

- Coach on obstructive sleep apnea
 - Motivate to continue usage
 - Provide education on device and mask
 - Offer additional support when needed
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- Your sleep coach will continue to monitor your progress and stay in contact with you as you adjust to your new therapy.

Contact **information**



Contact your sleep coach with any questions about your CPAP device, mask, or therapy at **1-800-644-3324 ext. [redacted]**.

Sleep coaching **service**

Committed to **your health**

Sleep apnea has been associated with a number of other significant medical conditions,* including high blood pressure, heart disease, heart attack, and stroke. Staying committed to your CPAP therapy can help you get the sound sleep that can improve your life and your well-being.

*Mayo Clinic, "Sleep Apnea Complications," August 2015. <http://www.mayoclinic.org/diseases-conditions/sleep-apnea/basics/complications/con-20020286>