

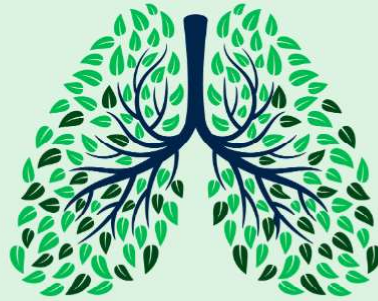
CPAP Newsletter



Welcome to the MedPro CPAP Community!

September 2025

Sleep Apnea Therapy & Products



Back to Routine, Back to Better Sleep

Getting back into a steady routine after summer can feel challenging—but your sleep health doesn't have to take the hit. A few simple adjustments can make a big difference:

Keep your schedule consistent

- Go to bed and wake up at the same time every day. Prioritize your wake-up time—set an alarm if needed, and aim to rise at the same hour even on weekends.

Wind down before bed

- Give yourself 30–60 minutes to relax without screens or stressful tasks. This signals your body that it's time for rest.

Aim for 7–8 hours nightly

- Most adults function best within this range—enough to restore energy, mood, and focus.

Seek morning light

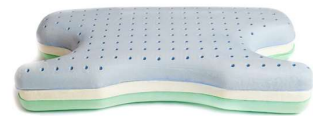
- Get natural daylight within the first hour of waking. This helps reset your body's internal clock and supports healthier sleep rhythms.

Adjust gradually if off track

- If your summer schedule has you out of sync, shift bedtime and wake time by 15–30 minutes every few nights until you reach your ideal routine.

Products

The CPAP Pillow



- Reversible ventilated Memory Foam CPAP Pillow with adjustable pillow height
- Shape reduces mask leaks and pressure points
- Has green tea aromatherapy within a pillow.
- Removable pillow case makes washing easy.
- Infused with cooling gel to reduce perspiration.

Wishing you restful nights and brighter mornings this fall

-Your MedPro Team