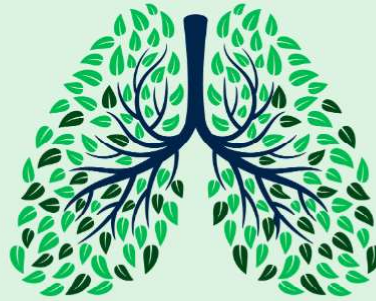


Sleep Apnea Therapy & Products



Time to Fall Back - Into Better Sleep Hygiene

Good sleep doesn't just happen—it's something you can set yourself up for with the right habits. "Sleep hygiene" is a term that simply means creating the best conditions for stable, restorative sleep. Here are some key steps you can try:

1. Create a stable sleep pattern

- Go to bed and wake up at the same time every day - even on weekends.
- Consistency helps regulate your body's internal clock

2. Build a Restful Sleep Environment

- Keep your bedroom dark, quiet, and cool
- Block out background noise with earplugs, a fan, or white noise (apps and playlists can help)

3. Establish a Relaxing Sleep Ritual

- Doing the same calming activities before bed signals to your body that it's time to wind down. Try:
 - A cup of caffeine-free tea
 - Light journaling, reading, or jotting down tomorrow's to-dos
 - Meditation or guided breathing apps

Products

Heated Tubing & Covers

Fight Fall Dryness: Find the humidity that works for you!



- Cold, dry air can irritate nose and throat
- Can cause dryness, congestion, or nosebleeds
- Cooler nights may lead to water in tubing ("rainout")
- Heated tubing and tube covers help keep humidity balanced
- Contact MedPro for more information on adjusting your humidity or to upgrade your humidity setup

Wishing you restful nights and brighter mornings this fall

-Your MedPro Team

SOURCES:
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