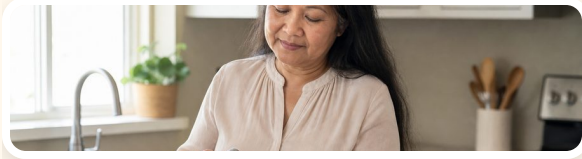




COMPASSION AT EVERY STEP



Quick Recap

Sleep apnea pauses breathing during sleep. Treatment with CPAP or other devices restores oxygen, energy, and heart health.

Edwin Manarang, RN

SPEAK WITH OUR TEAM

PHONE

(630) 915-5174

EMAIL

info@philippianshomecare.com

HOURS

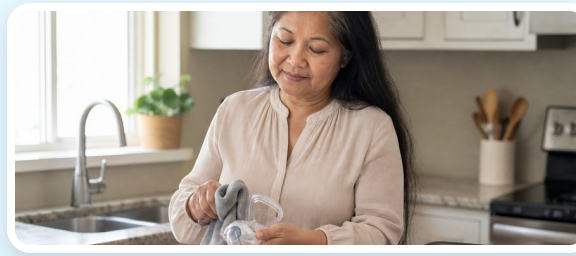
9:00 AM to 5:00 PM

Contact us today for personalized care



Scan with your phone camera · tap the link.

This brochure is for informational purposes only—not a substitute for medical advice, diagnosis, or treatment. Consult your physician, nurse, or qualified health provider with any questions about your condition.



A warm welcome.

Steady habits and gentle support go a long way. This brochure walks you through what to know about sleep apnea, what to watch for, and how we help at home.

“With the right support, daily life feels rested, comfortable, and full of the things you love.”

Inside this brochure

- What to know about your care
- Signs to watch for and when to call
- Habits that keep you strong and steady
- How to reach our team



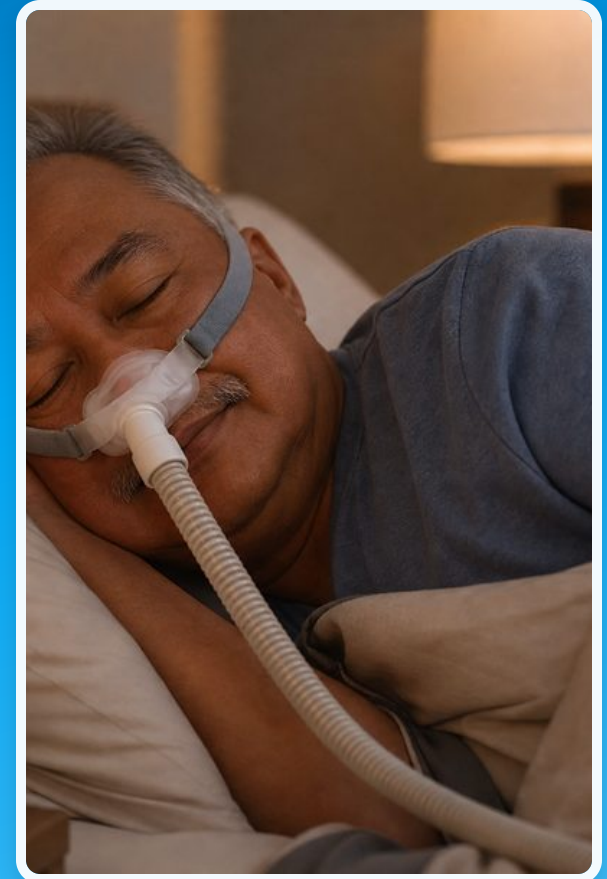
Scan with your phone camera · tap the link.



COMPASSION AT EVERY STEP

Sleep Apnea

A Home Care Guide for Safer, Restorative Sleep



Gentle home care that helps you stay safe, comfortable, and independent at home.

A friendly guide for you and your family

DAILY CARE



● Tips at Home

Practical day-to-day tips to live well with sleep apnea at home.

Build a calm bedtime routine — same wind-down, same device check, same time each night. Note any changes and share them with your healthcare providers.

- Use your CPAP or oral device every night, even for short naps.
- Clean the mask, hose, and water chamber as your team directs.
- Keep the device on a steady surface; check the power cord nightly.
- Side-sleeping helps many people breathe more easily.
- Limit late caffeine and heavy meals that can disturb your breathing.

WATCH CLOSELY



● What to Watch For

Knowing the signs early means quicker comfort and safer days.

- Track loud snoring, gasping, witnessed pauses, and daytime fatigue.
- Monitor mask fit, leaks, dry mouth, and skin redness around the seal.

Good to know

- Sleep apnea raises risks for blood pressure, heart, and stroke.
- Treating apnea often improves blood sugar, energy, and daytime focus.

When to call: Severe sleepiness while driving, chest pain, or new confusion — call your nurse or doctor. Call **911** for emergencies.

STAY STRONG



● Stay Strong & Steady

Wellness habits that keep you moving, balanced, and independent at home.

Small steps add up: one steady bedtime, one consistent device, one calm morning brightens the whole day.

- Healthy weight loss, even modest, often reduces apnea episodes.
- Daytime walks support better, deeper sleep at night.
- Treat allergies and stuffy nose to keep the airway clear.
- Stay hydrated through the day; ease back on fluids near bedtime.
- Practice gentle breathing or stretching to settle the body for sleep.