



## Get More From Your Sleep Therapy

**You've taken the right first step by enrolling in a sleep therapy program with your CPAP provider.** Now how do you ensure that you're getting the results that you want, day in and day out?

**The answer is U-Sleep**, the cloud-based software solution that monitors your CPAP device and helps coach you on its effective use.

Sleep data from your CPAP device is securely communicated to U-Sleep automatically each day. Once received, U-Sleep analyzes the data for outcomes that may indicate the need for a change in therapy or equipment based on therapy rules that your CPAP provider has defined for you.

Depending upon how your CPAP provider has setup your U-Sleep account, you (and potentially trusted others such as your CPAP provider) may receive feedback related to your therapy results by **phone call, text message and/or email**. This feedback may include motivating you to comply with your therapy based on your nightly usage hours; notifying you that you have achieved compliance based on your insurer's guidelines; or feedback to your CPAP provider to ensure your therapy is working the way it should.



Email notifications will come from:  
U-Sleep.No-Reply@Umbian.com



Phone and text notifications will come from:  
1 (201) 420-8904

If you would like to opt out of these notifications, you can do so via the U-Sleep activation email that will be sent to you or by contacting your CPAP provider.

With U-Sleep monitoring, you can relax knowing that your sleep therapy is working!

**If you have any questions or concerns about your notifications or your therapy, please contact your CPAP provider directly.**