

GRAND ROUNDS

A good night's sleep changes life for the better

Learning they have sleep apnea causes distress for many people, especially younger patients who don't expect the diagnosis. When 20-year-old Renfrew resident Caylan Edwards found out he had sleep apnea he quickly discovered there were options to address his concerns.

"At first when I found out I was diagnosed with sleep apnea, I was quite frustrated with the fact that I was going to have to use a CPAP machine to sleep," says Caylan.

He worried that a bulky continuous positive airway pressure (CPAP) machine would be cumbersome to set up and use, and to travel with, and would affect the comfort of his sleep.

He turned to the RVH Sleep Products store to get professional help selecting the right CPAP equipment.

"Kim (Yakaback, RPSGT, RST, Clinical Sleep Educator) was very friendly and helpful with explaining how the machine worked and setting it up for me. They were also

helpful when aiding me in choosing the right mask ... the mask they fitted me for ended up not being bulky at all, but being quite small and comfortable," notes Caylan.

Everyone—young or old—benefits from a full night of uninterrupted sleep every night. In fact, notes Yakaback, it's a critical component of overall health.

"It's important for people to realize that sleep deprivation can cause focus and memory issues if not treated. A lot of people think sleep apnea is just something that older people get, but it does affect younger people as well," comments Yakaback.

Since Caylan began using his CPAP machine, the St. Lawrence College student has seen a big difference.

"I have noticed that my energy level has improved dramatically after using my machine, and also that I am more able to concentrate and apply myself throughout the day," Caylan states. "Overall, my CPAP machine has changed my life dramatically for the better."



Caylan Edwards' life has improved for the better with the use of a CPAP machine from RVH Sleep Products to treat his sleep apnea.