



Patient On-line Sleep Apnea Resources

The internet is full of information/resources that will help you manage your healthcare. Sometimes, it is difficult to know which sources are reliable and trustworthy. If you are seeking unbiased information and resources for sleep apnea, the following websites are a good place to start.

www.sleepapnea.org This is the website of the American Sleep Apnea Association. The American Sleep Apnea Association, founded in 1990, is a patient-led, nonprofit organization dedicated to the promotion of sleep health through research, advocacy and education.

www.sleepeducation.org Developed by the AASM (American Academy of Sleep Medicine), the **Sleep Education** website provides patients and the public with comprehensive, accurate information about healthy sleep and sleep disorders, along with a searchable directory of AASM-accredited sleep centers across the nation. Information on sleep apnea can be found under the heading "Sleep Breathing Disorders".

<https://sleepallies.org> The American Alliance for Healthy Sleep (AAHS) is a nonprofit membership organization dedicated to partnering patients with sleep disorders, providers and the public to improve the lives of patients with sleep disorders and highlight the importance of healthy sleep.

The AAHS was established in early 2017 by the American Academy of Sleep Medicine to provide an arena for increased involvement in awareness and advocacy activities for patients with all sleep disorders. The AAHS opened membership to patients with sleep disorders, sleep providers, and others with an interest in sleep in January 2018.

On-line Support with other CPAP users

www.cpaptalk.com This on-line community offers over 31,000 registered members whose combined knowledge equals years and years of first hand Sleep Apnea experience. Members are people with Sleep Apnea who are in the various stages of diagnosis and treatment, as well as, their families, sleep doctors, sleep technicians, and equipment providers.

Once you register, you will have be able to post questions, search through topics, access informational and "how-to" videos and learn about local resources.