



Recommended Websites for Patients

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.

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Where to buy CPAP supplies other than your Durable Medical Equipment Company

1. www.CPAP.com

Both sites offer options for resupplies (CPAP masks, tubing, filters, masks, and other accessories)

- Prescription is required for machine, mask or humidifier
- Allows patients to purchase a mask, try it for 30 days and then return it if they do not like it or it does not work for them. **They must select the “mask insurance” option when placing online order (mask insurance is free for most masks).** With selection of this insurance, a ground return shipping label is sent with the patient order.

CPAP.com does not bill insurance but does include an example of a Health Insurance Claim that is populated with order specific information and billing codes (It will be included with the shipping confirmation email).

If you need insurance reimbursement, you should check with your insurance company for out of network reimbursement rates before placing an order.

2. www.thecpapshop.com