

[ date ]

Dear [ participant name ],

Thank you for choosing to participate in Sleep SMART.

We understand that you have had issues with your CPAP. Some people don’t take to CPAP right off the bat. It sometimes takes time to get used to CPAP, and adjustments are sometimes needed.

**We know that you have obstructive sleep apnea**. Obstructive sleep apnea happens when your throat closes off causing you to stop breathing. This happens many times per hour during sleep. People with sleep apnea often don’t realize that they stop breathing. Sleep apnea can cause your blood oxygen level to drop many times per hour, and can disrupt your sleep. **Sleep apnea puts people at risk for another stroke, and is linked to worse recovery after stroke.**

Continuous positive airway pressure (CPAP) restores your breathing during sleep. CPAP is considered safe and effective. However, **CPAP can only work to treat sleep apnea when you use it**. The trick is getting used to using it, and then remembering to use it whenever you sleep.

**Fortunately, in Sleep SMART, you are not alone.** Your Sleep SMART sleep coach stands ready to help. The sleep coaching team has supported thousands of people from all over the US using CPAP to treat sleep apnea. **They will tailor your treatment for comfort and effectiveness**. Your sleep coach can provide you with different masks along with other equipment to make your CPAP use easier and more comfortable.

We know that little improvements are a big deal when you’re just starting out, and we’re not looking for perfection. **Right now,** you might find that the one thing you really can control IS your sleep. And by treating your sleep apnea, you can take back the healthy and restful sleep you may have been missing for years.

So, please give a call to your Sleep SMART sleep coaching team at **470-655-6688. They are ready to help.** Please also feel free to visit our website and watch the Sleep SMART Care Management video: [https://www.nihstrokenet.org/sleep-smart-](https://www.nihstrokenet.org/sleep-smart-trial/patients) [trial/patients](https://www.nihstrokenet.org/sleep-smart-trial/patients).

Sincerely, [signature]