

Get More From Your Sleep Therapy

Sleep Monitoring Made Personal

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

The answer is U-Sleep. U-Sleep monitors your CPAP device usage and allows you, and those you trust, to receive timely feedback about the progress of your therapy.

Keeping You Informed

Depending upon the device, CPAP device data and other health metrics are securely communicated to U-Sleep automatically or manually. Once received, U-Sleep's rules engine analyzes the data for outcomes that may indicate the need for a change in therapy or equipment based on therapy rules that your sleep specialist defines.

And it gets even better. U-Sleep can notify you and trusted others (such as your respiratory therapist) of these outcomes by phone call, text message and/or email.

You can securely view your monitoring results from any computer connected to the Internet via the U-Sleep portal. U-Sleep offers a wide range of charts and reports to meet your and your sleep specialist's needs. You can also view your therapy progress on U-Sleep Mobile for iOS (iPhone, iPad and iTouch) and Android devices.*

*Available in Google Play and Apple App stores.

For additional information, visit
www.u-sleep.com or contact your
CPAP provider.

Experience the U-Sleep Difference

In combination with your prescribed CPAP therapy, U-Sleep can provide a wide range of benefits, including:

- Improved quality of life
- Convenient and secure access to up-to-date therapy and compliance data
- Ongoing feedback regarding the success of your therapy
- Feedback to motivate you to comply with your therapy
- Timely feedback that may suggest changes to your therapy

Get Started Now

U-Sleep empowers you to take your sleep therapy to the next level. It's effective, convenient and secure. Talk to your sleep specialist about how to start making U-Sleep work for you. With U-Sleep, you can rest assured.

“Receiving U-Sleep's automatic notifications, and knowing my respiratory therapist is included, gives me and my family peace of mind.”

W.M. (U-Sleep User)



***Monitoring and Managing
CPAP Device Therapy to
Promote Health, Safety
and Compliance***



Data



Rules



Alerts



Reports



Umbian Inc., specializes in the design, development and delivery of web-based compliance monitoring solutions. Umbian has offices in Halifax, Nova Scotia and Cincinnati, Ohio.



u-sleep.com

"A powerful, easy-to-use solution that's a key part of my sleep therapy program."

1. Obtain Data

Monitoring data is obtained from your CPAP device (automatically or manually, depending upon the device). For a complete list of supported CPAP devices, please visit u-sleep.com.



2. Apply Rules

Therapy rules are selected by your sleep specialist based on your individual needs. These rules are then applied against your CPAP data by U-Sleep on a daily basis and a personalized compliance outcome is generated for you.

3. Send Notifications

Notifications via phone call, text message and/or email can be sent to you if a rule has been triggered, allowing you to take immediate corrective action. Notifications can also be sent to others involved in your compliance program, such as your respiratory therapist or other trusted individuals.

4. View Reports

Data from your CPAP machine, manually entered health metrics, notification events and compliance outcomes are available via secure web-based charts and reports for you and trusted others to review.



Secure and Convenient

U-Sleep is a secure, web-based application that enables you to monitor your own CPAP therapy results and CPAP device data so that you can take corrective action if necessary.



Easy to Use

U-Sleep's easy to use interface lets you access your therapy data wherever and whenever you need it.



Better Outcomes

U-Sleep, as an integrated part of an overall CPAP therapy program, can help increase your productivity and quality of life.