



# POSITIONAL & WEIGHT CARE — SLEEP APNEA QUICK GUIDE

**What it is:** Positional therapy reduces apnea by avoiding **back-sleeping (supine)** and keeping the upper airway open. Weight care lowers apnea burden over time.

## ARE YOU A CANDIDATE?

- Talk with your clinician; best for positional OSA or bothersome snoring
- Works with mild–moderate OSA or as a CPAP aid
- Not appropriate for** severe OSA, central sleep apnea, or unstable heart/lung disease —ask your team

## GETTING STARTED

- Choose an option: wearable positional trainer, backpack/bumper, wedge, or body pillow
- Trial 2–4 weeks, then review results and comfort
- Pair with nasal care (saline, allergy meds) if congested

## AT-HOME POSITIONAL THERAPY

- Set side-sleeping using your wedge or trainer; elevate head/torso 20–30° if advised  
Tips: pillow between knees; small pillow/rolled towel behind back for support
- Avoid alcohol/sedatives near bedtime;
- continue CPAP only if your clinician advises

## WEIGHT CARE PROGRAM

- Nutrition plan and realistic calorie targets
- Activity goal most days of the week
- Referrals for medication or bariatric surgery if appropriate
- Coaching and tracking through your Patient Portal

## GOALS & TRACKING

- Less snoring and fewer awakenings
- AHI and ESS (daytime sleepiness) improve
- Weight, waist/neck size trend down
- Better blood pressure and energy (longer term)

## SAFETY & RED FLAGS

- Worsening sleepiness, gasping/choking at night
- Significant neck/jaw/back pain or numbness from devices
- Severe or worsening reflux, chest pain, or shortness of breath
- If symptoms persist or worsen, contact us

## NEXT STEPS

- Visit your Patient Portal for instructions and logging
- Book Online / Message Scheduling: <https://medtc.vw/?r=ujQcJ3>

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