

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://med.tc/vw/?r=ujQcJ3>

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