



SLEEP THERAPY

*Fighting Sleep Disordered
Breathing One Patient at a Time*

Keeping Your New Year's Resolution

Here are 5 steps that will help you stick to those resolutions; even if you have fallen off course:

1. Keep Trying!

It does not matter how many times you take a step backwards. Try again and start over. Set a new date and don't wait until next year.

2. Don't over aim.

It is difficult for the average person to break one habit, do not give yourself three or four to tackle at once. Stick to one resolution at a time.

3. Make a promise.

Verbalize to yourself and friends what you are doing. By telling friends, you're letting other people help you and keep you on track.

4. Get Support.

Find support groups that can help you stay on track. There are hotlines for quitting smoking or exercise groups for weight loss. There are also counseling agencies to help reduce debt. Support will make all the difference.

5. Set small goals.

By setting small goals, you can measure your progress. These smaller goals help you see your accomplishments and help you work toward the bigger goal.

It does not matter how many times you continue to try, as long as you keep trying!

HEALTHY ZZZZ'S

Winter 2009



Oxygen One, Inc. is excited to be celebrating 10 years of business! The company began in 1999 and is family owned and operated by Jill and Jim Spellman. The company was inspired by Jim Spellman's father, Bob Spellman. Bob lived a very active life, despite having two lung diseases; emphysema and pulmonary fibrosis, and was on oxygen for over ten years. Bob stayed active with his oxygen and Oxygen One, Inc. was started to give oxygen patients the inspiration they need to also live active and full lives.

At Oxygen One, we focus solely on respiratory and because of this, we are able to provide specialized care and services that a full service home medical equipment company cannot. As specialists in home respiratory and sleep therapy, we provide the latest in equipment technology, in-depth education, and clinical programs built around the patient's needs.

In 2005, through hard work and high standards, we received accreditation from The Joint Commission,

Quick Tip:

How Can I Prolong the Life of My Mask?

Skin oil can deteriorate the material on your mask cushion or pillows. To prevent this, wash your face before bedtime and wipe down your mask cushion or pillows with **CPAP Mask Wipes** by Citrus II® or a damp wash cloth each morning. This removes the skin oil off of the mask. These two steps not only help in prolonging the life of your mask but will also help you obtain an optimal mask fit.

the nation's oldest and largest standards setting and accrediting body in healthcare. In 2008, we were able to obtain re-accreditation.

In our first 10 years, we have proudly been a patient-focused and service-driven respiratory company, and we remain steadfastly focused on going beyond the call of duty to take care of our patients. Our commitment and focus have not changed. We will continue to provide the top notch service our patients and physicians expect and deserve, and will continue providing information regarding changes in equipment, technology, services, and education.

We cannot wait to see what the next 10 years will hold!



Oxygen One, Inc.

The Home Respiratory & Sleep Specialists

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Waukesha, WI 53188-2447
1.888.OXYGEN.1 (699.4361)
www.OxygenOne.com

UPCOMING NATIONAL HEALTHCARE OBSERVANCES

American Heart Month

(February)

Cardiac Rehabilitation Week

(Feb. 8th -14th)

Social Work Month

(March)

Sleep Awareness Week

(March 1st - 7th)

Pulmonary Rehabilitation Week

(March 15th - 21st)

Doctor's Day

(March 30th)

CPAP Clinic Offered



EDUCATION



ASSESSMENTS

The clinic is held every Wednesday.

Time: 5 - 7 PM

Location: Oxygen One, Inc.
1900 Pewaukee Rd. Suite F
Waukesha, WI 53188

Stop in for:

- A free function check of your unit
- Inspection and replacement of supplies as needed.
- Tips, facts, support and more!!

We will also be happy to inspect units from other providers. Please feel free to contact us for more information:

1-888-699-4361 or 262-521-2202

PRODUCT CORNER



Tubing Wrap \$14.50

- Maximizes heat retention
- Easy to put on and remove
- Improved insulation
- Will not catch on bed sheets

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Used with Permission.

CPAP Mask Wipes \$9.95

- Clean, deodorize, and refresh
- No rinsing required
- Gentle all natural ingredients
- Dries in seconds



Citrus II®
Used with Permission.

**Stop By Our
Show Room Today!**

Oxygen One, Inc.

The Home Respiratory & Sleep Specialists

The best in ongoing assessments, education and monitoring