

# Be a part of the A.W.A.K.E. Support Group!

Get the help you need to make CPAP usage successful!

**A.W.A.K.E.** which stands for **A**lert, **W**ell, **A**nd **K**eeping **E**nergetic, is a nonprofit health awareness group for people affected by sleep apnea supported by the American Sleep Apnea Association.



## Why Should I attend?

Support Groups are proven to help people increase the number of hours of CPAP use. They can also help those who may be wavering or wanting to give up due to side effects or problems.

## Quarterly Meetings will highlight:

- Tips on how to cope with using CPAP
- Anecdotal discussions regarding the effects of CPAP on your health
- Exploring the effect of CPAP on the relationship with the sleeping partner
- Continued education on the importance of using your CPAP
- New product information and services provided by area sleep experts
- A time to talk openly and discuss any fears or discomfort while starting and continuing therapy



If you are interested in learning more about **A.W.A.K.E.** please fill out an information card and give to your sleep technician.

You can also call or email Joey Robinson  
(704) 517-8678  
jrobinson@unitedsleepmedicine.com



Find us on Facebook at **AWAKE Charlotte**

