



We Care About  
The Safety Of  
Truck Drivers



Safety First Provides  
Sleep Apnea Solutions

Do you drive team?  
Do you have an APU?  
Do you slip seat?  
Do you run CA or other  
no-idle states?

877-728-9229

**What is SLEEP APNEA?**

Sleep Apnea is a common but serious condition. With Obstructive Sleep Apnea, the soft tissues of the upper airway collapse repeatedly during rest or sleep. As a result, you are unable to get enough air which decreases the amount of oxygen in your lungs and blood. Normal breathing resumes with gasping or choking sounds.

Sleep apnea causes interruptions in normal sleep patterns which cause higher risks for excessive daytime sleepiness, work-related accidents and other medical problems. If you have sleep apnea, it is important to get treatment right away.

Safety First Sleep Solutions makes it quick and convenient for OTR drivers to be tested, while on the road, with no lost or down time.

**SIGNS & SYMPTOMS:**

- Daytime Sleepiness
- Reduced Alertness
- Fatigue
- Trouble Concentrating
- Memory Loss
- Mood Changes
- Morning Headaches
- Loud Snoring
- Stop Breathing During Sleep
- Gasping or Choking While Sleeping
- Decreased Sex Drive

**CONSEQUENCES**

- Risk of Diabetes
- High Blood Pressure
- Risk of Heart Attack
- Risk of Stroke
- Psychiatric Problems
- Mental Impairment
- Obesity
- Erectile Dysfunction

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email: [safetyfirst@bms1.com](mailto:safetyfirst@bms1.com)

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sfss-web



**Safety First Sleep Solutions**  
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1-877-728-9229  
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**Safety First Sleep Solutions offers the first “Anywhere You Want To Sleep” sleep study:**

The “Anywhere You Want To Sleep” sleep study is our specialty! Our sleep study meets the same criteria as those used in traditional sleep labs. And, our simple and effective sleep study can be performed in the comfort and privacy of a driver’s own home or even their truck cab.

Drivers no longer need to report to a sleep lab, where interrupted sleep or sleeping in an unfamiliar bed or environment, could affect the outcome of a sleep study.

SFSS uses the ARES™ sleep monitor that registers a driver’s sleep activity automatically. Data from the sleep monitor is then evaluated by a Board Certified Sleep Physician and if diagnosed with OSA (Obstructive Sleep Apnea), SFSS can provide the driver with the appropriate CPAP equipment and therapy to keep drivers compliant.

**SFSS Provides These Services:**

- **Pre-Screening for Sleep Apnea.**
- **Home sleep test - easy, private, flexible.**
- **Board Certified Sleep Physicians.**
- **Quick results & interpretation.**
- **Can be used at home, hotel, or sleeper cab.**
- **24 hour - 7 day emergency customer service.**

**Safety First Sleep Solutions is a leading provider of Sleep Apnea Testing, Equipment & Supplies:**

SFSS is a nationwide leader in Sleep Apnea testing and treatment. We are dedicated to serving the needs of truck drivers and understand APU, Teams and Slip-Seat Drivers. Safety First has a team of Sleep Therapy experts, including Board Certified Sleep Physicians and Respiratory Therapists. SFSS has developed medically sound and cost effective sleep apnea testing procedures and treatments for truck drivers.

SFSS has experience working with uninsured and/or under insured drivers. We also understand the importance of meeting the needs of drivers who need last minute studies completed quickly to remain compliant and ensure no lost time on the road. We actively participate in support groups that are organized through the American Sleep Apnea Association.

One of the most important concepts of our effective treatment plan is the confidentiality of information. We make sure that you understand that talking to us is no different than talking to your physician. We encourage open, honest communication about any issues involving your medical conditions.

If you suspect that you have symptoms of Sleep Apnea, complete this simple Epworth Sleep Test and call SFSS at 1-877-728-9229.

**EPWORTH SLEEP TEST:**

Fill out the following questionnaire and follow the directions for self-scoring. A test score of higher than 9 indicates that you have excessive daytime sleepiness, a possible sleep disorder, and you should consult with your physician or contact SFSS for further evaluation as quickly as possible.

Using the 0-3 scale, how likely are you to fall asleep in the following situations. (Enter the appropriate value after each statement):

- 0 = would never doze or sleep.
- 1 = slight chance of dozing or sleeping
- 2 = moderate chance of dozing or sleeping
- 3 = high chance of dozing or sleeping

Sitting and reading \_\_\_\_\_

Watching TV \_\_\_\_\_

Sitting inactive in a public place \_\_\_\_\_

Being a passenger in a motor vehicle for an hour or more \_\_\_\_\_

Lying down in the afternoon \_\_\_\_\_

Sitting and talking to someone \_\_\_\_\_

Sitting quietly after lunch (no alcohol) \_\_\_\_\_

Stopped for a few minutes in traffic while driving \_\_\_\_\_

Total score (add the scores up) \_\_\_\_\_



**Safety First Sleep Solutions offers affordable, low cost testing and treatment solutions for Sleep Apnea.**

Our Sleep Therapy Experts are on standby 24/7 to assist and get you on the right track to quality sleep and a healthier and productive life.

**Call 1-877-728-9229.**

**TESTIMONIAL:**

I am a big, middle aged, hard working, family man. Having 2 teen age boys and a 7 year old, I needed energy to keep up with them but always seemed to run out of steam come mid afternoon. It didn't matter what day it was, I always felt fatigued. My family told me about my loud snoring and gasping as well. My friend advised me to get a sleep study. Not having insurance, I was afraid that the cost would be too great for my household budget. I was advised to call SFSS. Well, SFSS took all my information over the phone and my testing devise was mailed out via UPS. After testing that night I returned the pre-paid package as directed. It was as easy as that. I found out I was diagnosed with OSA and I am currently on a C-PAP which was surprisingly affordable. It was easy, quick and affordable. The difference in my energy level is outstanding and my boys, well they still run me ragged, but I feel 10 years younger. I should have done these years ago. - Eric J. from Cincinnati, Ohio