



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.

Safety First Sleep Solutions makes it quick and convenient for Fleet Managers to have drivers tested and be compliant with DOT and FMCSA standards.

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:

- Increased Risk of Accidents
- Decreased Performance
- Increased Health Care Costs
- Untreated Co-morbidities, such as:
Risk of Diabetes, High Blood Pressure,
Risk of Heart Attack, Erectile Dysfunction,
Obesity, Mental Impairment and more.

There are thousands of people suffering from Obstructive Sleep Apnea that go undiagnosed each year. Many are a potential risk to themselves, coworkers and the general population.

Find us on Facebook



<http://www.facebook.com/safetyfirstsleepsolutions>

email: safetyfirst@bms1.com

www.safetyfirstsleepsolutions.com

Scan code with your iPhone or smartphone.



sfss-web



Safety First Sleep Solutions
300 North State Street - Suite 100
Girard, Ohio 44420
1-877-728-9229
Fax: 1-877-722-7501



Safety First knows what the Trucking Industry needs for Safety.



Safety First Provides Sleep Apnea Solutions.

Treating Sleep Apnea...

Reduces Accidents...

Reduces Insurance Costs!

877-728-9229

SAFETY FIRST SLEEP SOLUTIONS



SLEEP APNEA TESTING, EQUIPMENT & SUPPLIES

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 or delay transit time.

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.**
- **Compliance reports for DOT physicians or company compliance officers.**
- **CPAPs, BiPAPs & related supplies.**
- **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 companies and understand the issues Fleet Managers encounter. 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 the transportation industry.

SFSS has built a solid reputation by being truly dedicated to the trucking community and their driver’s health needs. 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 your drivers understand that talking to us is no different than talking to their physician. We encourage open, honest communication about any issues involving their medical conditions.

Our sleep therapy experts can review and offer the best testing and treatment program to fit your compliance program.

Safety First Sleep Solutions will work with your Compliance department:

SFSS will provide your company with the information needed to educate your drivers on the importance of testing and treating OSA (Obstructive Sleep Apnea) issues. We can work with your compliance department, your DOT physicians, or any other necessary personnel. We offer low cost testing and treatment solutions for your employees.

We understand the importance of keeping your drivers healthy and productive. We also recognize that treating sleep apnea can increase productivity and reduce accidents which in turn lowers your insurance costs.



CALL NOW - 877-728-9229

(1)Williamson AM, FEYER AM (Oct 2000) Moderate sleep deprivation produces impairments in cognitive & motor performances equivalent to legally prescribed levels of alcohol intoxication. (2)Pack AL et al. A Study of prevalence of sleep apnea among commercial truck drivers. Publication no DOT-RT-02-030, Washington DC 2002. (3)DrowsyDriving.org National Sleep Foundation/ Facts and Stats section. (4)Federal Motor Carriers Safety Administration, Cost of Large truck and bus involved in crashes. Publication No FMCSA-01-005.



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

Our Sleep Apnea Experts are on standby 24/7 to assist and keep your drivers on the road to healthier sleep.

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STATISTICS:

- Researchers report that sleep deprivation can have the same hazardous affects as being drunk. People being awake for more than 17-19 hours performed worse than having a blood alcohol level of .05%, which in most states is the legal blood alcohol limit. Those who were awake longer had a blood alcohol level of .08 %.(1)
- FMCSA and the ATA found that 28.1% of those studied, holding a CDL, had some form of sleep apnea.(2)
- Recent studies, by the National Highway Traffic Safety Administration, have shown that Fatigue and Drowsy Driving is responsible for over 100,000 crashes per year, 1,550 deaths, 71,000 injuries and 12.5 billion in monetary losses. (3) The average cost of a large truck crash is \$76,637. The average cost of a fatal truck crash is 3.4 million.(4)