



## Monitor Medical, Inc. The CPAP Co.

### Your monthly news & updates

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#### JUST A LITTLE NOTE ABOUT THE TIME CHANGE

The changes in light that come with darker days and longer nights in the fall and winter not only negatively affect mood, but sleep patterns. Reductions in natural light can lead to an undesirable domino effect on the brain. Less light triggers reduced levels of serotonin, a key mood-regulating neurotransmitter. This can result in depression. During these months, it is very important to continue your therapy! You've heard many terms for it: "winter depression," "winter blues," "cabin fever." Each term refers, in varying degrees, to a single health condition called *Seasonal Affective Disorder (SAD)*, a mood disorder triggered by changes in natural light during the fall and winter. It takes its toll on both behavior and biology for an estimated three to ten million people. SAD can cause many symptoms and there are simple ways to "treat" them. If you want to learn more about this, then click below.

[Find out more, click here!](#)

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#### DON'T WASTE ANOTHER MINUTE! TAKE ADVANTAGE OF ALL OF THESE SALES TODAY!

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**HoseLift + SnuggleHose + StrapGuard Sale!**  
Buy all three together today for only \$49

[Click here to order your SnuggleHose, Lift, Strapguard Combo Sale now](#)



**Buy an AG CPAP Pillow + White Whites**  
Only \$50!

[Click here now to get your CPAP Pillow Combo Sale today!](#)

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**Citrus Kit Sale SAVE \$10**  
**Buy Wipes + Travel Wipes & get a Free Spray**

[Click here now to get your Citrus Kit!](#)

**Need Supplies? Call Us**



**Don't let the end of the year creep up on you!**  
**Order your supplies today!**

[Visit our website](#)

**Be Prepared to Stay Safe and Healthy in Winter**

Although winter comes as no surprise, many of us are not ready for its arrival. If you are prepared for the hazards of winter, you will be more likely to stay safe and healthy when temperatures start to fall. Take a few steps to stay safe and healthy. Winterize your home, check your heater or fire place, prepare your vehicle, make sure you are ready for any emergencies or weather coming your way, wear appropriate clothing, and make sure to plan your travel accordingly.

[To learn more about these steps to Stay Safe and Healthy, Click Here](#)

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