

# Monitor Medical, Inc.

## The CPAP Co.

APRIL NEWSLETTER

### Just a Half Hour of Lost Sleep Linked Weight Gain

Think twice the next time you don't get as much sleep as you need: A new study suggests that missing just 30 minutes of shuteye during weeknights could boost your weight and disrupt your metabolism. Click [here](#) to read more.

### New Work Schedule Could Cure Social Jet Lag

Social jet lag," which describes those who have different sleep patterns on weekends versus weekdays, can be an especially big problem for shift workers. Now, researchers report that sleep and workers' general well-being could be improved if work schedules took workers' biological clocks into account. Click [here](#) to read more.

### SALE: Tubing Hanger - Save \$5

The CPAP Tube Cleaning & Hanging System. This retail packaged cleaning system can be used to clean, soak and dry with no mess. Use the hook for hanging anywhere or the suction attachments for securing to any smooth surface.



Original Price: \$20.00

**Sale Price: \$15.00**

[Click here to learn more.](#)

### StrapGuard Cushion Lites

The StrapGuard Lites are designed to prevent discomfort and decrease irritation. They also help prevent strap marks left on your face by tight headgear straps. Are great for travelers and machine washable.



[Click here to learn more.](#)

### Miran Full Face Mask

The Miran mask features an ergonomical design that virtually eliminates leakage. The innovative SP Flex Tube eliminates torque between CPAP tube and mask. The cushion and forehead pad are made of medical grade silicone, which are odorless, soft and comfortable. It comes in three sizes small, medium and large.



[Click here to learn more.](#)



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