Get More From Your Sleep Therapy

You’ve taken the right first step by enrolling in a sleep therapy program with your CPAP provider. Now how do you ensure that you’re getting the results that you want, day in and day out?

The answer is U-Sleep, the cloud-based software solution that monitors your CPAP device and helps coach you on its effective use.

Sleep data from your CPAP device is securely communicated to U-Sleep automatically each day. Once received, U-Sleep analyzes the data for outcomes that may indicate the need for a change in therapy or equipment based on therapy rules that your CPAP provider has defined for you.

Depending upon how your CPAP provider has setup your U-Sleep account, you (and potentially trusted others such as your CPAP provider) may receive feedback related to your therapy results by phone call, text message and/or email. This feedback may include motivating you to comply with your therapy based on your nightly usage hours; notifying you that you have achieved compliance based on your insurer’s guidelines; or feedback to your CPAP provider to ensure your therapy is working the way it should.

Email notifications will come from: U-Sleep.No-Reply@Umbian.com

Phone and text notifications will come from: 1 (201) 420-8904

If you would like to opt out of these notifications, you can do so via the U-Sleep activation email that will be sent to you or by contacting your CPAP provider.

With U-Sleep monitoring, you can relax knowing that your sleep therapy is working!

If you have any questions or concerns about your notifications or your therapy, please contact your CPAP provider directly.

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