

# [sandscapes]

NEWSLETTER

issue 13 | spring 2003

## Coming Soon


### Sandman Elite® version 7.0 Software- best release ever

#### sleep in the news

##### heart failure link

A current Canadian study (Kaneko et al. 2003)\* concluded that "in medically treated patients with heart failure, treatment of coexisting obstructive sleep apnea by continuous positive airway pressure reduces systolic blood pressure and improves left ventricular systolic function. Obstructive sleep apnea may thus have an adverse effect in heart failure that can be addressed by targeted therapy."

##### football and sleep apnea

 In a recent study of NFL (National Football League) players, 14% were found to suffer from sleep apnea. What makes this important news? As explained by Charles F. P. George, MD, FRCPC, ABIM, D, ABSM, professor of medicine at the University of Western Ontario, "many physicians have never considered such a diagnosis in young, healthy individuals because sleep apnea was previously thought to be associated with middle-aged or older individuals. The study strongly suggests that sleep apnea be considered as a possible condition for larger patients under 30 years of age." (Wolski 2003)\*

\* See page 2 for bibliography.

The buzz around the Fall release of version 7.0 is that it is destined to be the best release of Sandman software ever. Why? The goal for this release is to offer a dramatic increase in convenience and efficiency for the sleep lab. With this in mind version 7.0 software will offer an integrated therapy solution with the Puritan Bennett® Knightstar® 330 Bi-Level®. This integrated solution will allow you the convenience and ease to titrate your patient directly from

your Sandman software. The new KnightStar 330 Bi-Level will provide high-powered versatility, packaged small enough to fit in the palm of your hand, and be so ultra quiet your patients can sleep undisturbed. The new Sandman elink™ will offer plug and play connection for the KnightStar 330 Bi-Level in your sleep lab.

Sandman version 7.0 software will



have a new exciting look and feel, and will allow you to score studies at speeds you never thought possible! Video compression and editing will bring new levels of convenience and storage savings. Our new Data History Record brings back the simplicity of paper - see every change to your patient data as your technologist made it. Stop by booth 133 at the APSS in Chicago for a demonstration.

Beta trials for version 7.0 software will begin in June 2003, with a target release date in September 2003. Look for the KnightStar 330 Bi-Level in January 2004.

Ask your Sandman Sleep Solutions Sales Representative or call us at 1.800.663.3336 for more information about Sandman Elite v. 7.0 Software and the KnightStar 330 Bi-Level.

Maureen Kibbee  
Product Manager  
Sleep Diagnostics

## VISN 4 Eastern Regional Sleep Center

The VISN 4 Eastern Regional Sleep Center, a 4-bed facility at the Philadelphia VAMC, opened in February 2003. The Sleep Center provides service to veterans with sleep disorders in southern New Jersey, eastern Pennsylvania, and Delaware. The center is staffed by a multi-disciplinary team of sleep specialists and health care providers representing Pulmonary, Neurology, Psychiatry, Nursing, and Respiratory Care.

Polysomnographic technologists contracted from the University of

Pennsylvania perform and analyze the in-laboratory sleep evaluations using the Sandman Sleep Diagnostic System.

Troy Dorais, our Sandman representative, and his colleagues were of extraordinary help in installing the equipment and conducting the personnel training. Their responsiveness and dedication allowed us to be up and running within days of moving into our new facility.

The Sleep Center functions as a one-stop, all-purpose facility with the bedrooms serving as patient exam

rooms during the day and sleep rooms at night.

In addition to the in-laboratory evaluations, the Sleep Center has an active out-of-laboratory program using the Suzanne™ Portable Recording System. Patients with clinically suspected obstructive sleep apnea are instructed how to apply the sensors for a Suzanne unattended sleep study (no sleep staging signals). They apply the sensors at home prior to bedtime and return the system the next day. Patients in whom the diagnosis of obstructive sleep apnea is established, are then sent home with an autoCPAP apparatus for one week to titrate the optimal setting for their nasal CPAP. This out-of-laboratory program has been very successful with a greater than 90% rate of success. Very few home studies require repeating and almost no patients have required subsequent in-laboratory polysomnograms. This program is in

the process of being implemented at surrounding VA facilities so patients at those facilities can receive care without having to travel the long distance to Philadelphia.

Samuel T. Kuna, M.D.  
Chief, Pulmonary, Critical Care & Sleep Section  
Philadelphia VAMC

#### what's new with the Suzanne Portable... Nellcor® OxiMax™ Oximetry

The new intelligent OxiMax oximetry from Nellcor reads through challenging motion.

The Suzanne Portable Recording System can be used in unattended (battery) or attended mode (with Sandman software) for full 16 channel PSG or partial 8 channel recordings.



The VISN 4 Eastern Regional Sleep Center's personnel. Back row from left to right: Dr. Indira Gurubhagavatula, Samantha Cartegena, Amy Sawyer Alethea Taylor, Dr. Richard Ross, Jacquelyn Carter. Front row from left to right: Kirk Williams, Tim Gallagher, Ed Renninger and Dr. Sam Kuna. Not present are Dr. Gabe Bucurescu, Mike Brendel, and Jacqueline Ferguson.

**tyco**  
Healthcare

Nellcor Puritan Bennett (Melville) Ltd.  
303 Terry Fox Drive, Suite 400  
Kanata, Ontario  
K2K 3J1  
Canada

For more information or to place an order call:  
toll free: 800.663.3336  
fax: +1.613.238.1291  
www.sandmansleep.com

Sandman is a registered trademark of Nellcor Puritan Bennett, Inc.  
All trademarks are property of their respective owners.  
© 2001-2003 Nellcor Puritan Bennett, Inc. All rights reserved.

**SANDMAN®**

# APSS 2003 - Chicago, IL

We are gearing up for APSS 2003 and are excited to announce the following Sandman Sleep Diagnostic Events Schedule! You can also go to [sandmansleep.com/Resources/Events](http://sandmansleep.com/Resources/Events) for updated information. We hope to see you there!

## warm up party

Mingle with your Sandman Sleep Solutions Sales Representative, Sandman Support Staff and other Sandman software customers while getting a sneak peak at our

upcoming product releases in a one on one environment!  
Date: Wednesday, June 4  
Time: 5:00 - 6:00 pm  
Place: Swissotel Chicago  
323 East Wacker Dr  
Chicago, IL  
(P) 312.565.0565

Check the event board in the hotel lobby for the specific room name for our "Sandman User Group Meeting". Cocktails will be served.

## booth information

Stop by Booth 133 to schedule a private demo in our suite

for a glimpse of the following products:

Sandman Elite® v. 7.0,  
Sandman® Digital 32+ Amplifier, Sandman Spyder™, Suzanne™ Portable Recorder, Puritan Bennett® GoodKnight® 420 and 420S, Knightstar® 330 Bilevel® and Nellcor OxiMax Oximetry.

## 11<sup>th</sup> annual Sandman customer appreciation party

For the past 11 years, we have hosted an annual party where you, our

customers, are the Guests of Honor. As always, there will be dinner, dancing, cocktails, entertainment, and plenty of door prizes. Join us at the Hard Rock Cafe and see how much your support means to us!

Look for your invitation in May or get a head start and RSVP online at: [www.sandmansleep.com/partyrsvp](http://www.sandmansleep.com/partyrsvp). RSVP deadline is May 29<sup>th</sup>, 2003.

Kristen Pickard  
Event Coordinator/  
Marketing Assistant

## we shoot we score!



On a frigid afternoon in January, we took to the ice to challenge the elements, and our office neighbors from Bridgewater Systems, to a game of shinny (a game of pick up hockey).

What factors led our local tv station to feature us on the 6 o'clock news? It could have been the competition between two local high tech companies, or perhaps the venue - a water hazard outside our backdoor. To me, it was the spirit of the 25 players and 60 fans who gathered despite the -4° F and the wrath of the wind. These individuals proved that teamwork and support are stronger than the elements (at least until frost bite sets in).

Final score; 4-4. Final result? Team pride.

Christina Vincent  
Employee Development  
Coordinator

## customers going the extra mile

The Sandman Sleep Diagnostic Team is continually raising the bar as a leader in customer service.

We appreciate the letters, faxes and phone calls we receive from customers who felt they experienced extraordinary service from one or more of our team members.

We all know how going the extra mile can make a huge difference in someone's day. Thank you to everyone who took a moment to brighten ours by sharing their experiences.

# world's smallest, lightest CPAP

OSA patients will be amazed when they discover how small, lightweight and quiet the new Puritan Bennett GoodKnight 420 CPAP System is. The GoodKnight 420G and 420S models weigh only 1.5 pounds and measure 3 inches tall, 5 ½ inches wide and 8 inches deep. They take up less space on the nightstand than a tissue box and can be easily slipped into a tote bag or briefcase, so active patients can comply with

therapy anywhere they go.

Other travel-friendly features include an automatic voltage regulator and altitude compensation feature that enable the GoodKnight 420 to be used nearly anywhere in the world and at any elevation. An optional DC power supply is also available.

A wide pressure range of 4 to 20 cm H2O and advanced

features for patient management make the GoodKnight 420 CPAP System equally effective for home or hospital use. Each unit has a breathing compliance meter to encourage adherence to CPAP treatment. The



GoodKnight 420S model records up to 600 sessions of date/time usage data. It also detects persistent residual apnea, hypopnea and snoring events that occur at set-pressure, allowing appropriate adjustments to therapy.

Call Puritan Bennett at 800.635.5267 to learn more.

Sharon Mahood  
Nellcor Puritan Bennett  
Marketing Communications

## tech tip - software features

Here are some great software features to use with your Oximetry channels:

### Running Numeric Display

Running Numeric Display shows the measured value of the channel displayed against the signal waveform. Within Channel Properties, Running

Numeric Display tab, select the option to enable the feature by placing a check mark in the first box and then proceed to set the parameters. The number of readings is based on the current page width (a right click on the numeric display value will also provide these options). Vertical reading position allows for the placement of the values straight across



the screen or against the signal as it moves up and down. The position of the number is marked either with a trending arrow (numeric value increasing or decreasing) or with a vertical line (plain tick format).

### Digital Display

Digital displays appear along the right side of the screen, and give valuable information to the clinician and technologist. In the Channel Properties, Digital Display tab, you have access to detailed infor-

mation about numeric information for that channel. Stats Values, including minimum, maximum, range or average will be displayed if selected. These values are based on the current window width. For example, if you need to know the low SpO2 value for a half hour period, customize the page size to 1800 seconds and click on the desired location in the study.

John Armstrong  
Product Applications  
Specialist

## bibliography

Kaneko, Yasuyuki, et al. 2003. "Cardiovascular Effects of Continuous Positive Airway Pressure in Patients with Heart Failure and Obstructive Sleep Apnea", *The New England*

*Journal of Medicine*, Vol. 348 (March): 1233-1241.

Wolski, C. A., 2003. "Sleep Scores a Touchdown," *Sleep Review*, Vol. 348 (January): 273-374.

## upcoming conferences

Visit us at one of the following shows for a demo of the latest release of Sandman Elite version 7.0, or catch a glimpse of Sandman Spyder.

May 17	Miami, FL	Sleep Medicine: A Comprehensive Update for Today's Healthcare (Baptist Health South)
May 29-30	Winston-Salem, NC	Southern Society of Electroneurodiagnostic Technologists
June 5-7	Chicago, IL	American Professional Sleep Societies
August 6-9	Arlington, VA	American Society of Electroneurodiagnostic Technologists