

# PROVENT®

sleep apnea therapy

## Therapy that Sticks!



### What Is Provent?

Provent is a simple, non-invasive treatment option for sleep apnoea. Sleep apnoea is a sleep disorder characterised by a collapsing of the upper airways during sleep which results in abnormal pauses in breathing. This can have a negative impact on your health and quality of life. Most appropriate for patients with mild-moderate apnoea, Provent consists of a small hypoallergenic sticker which attaches over the nostril and is worn while you sleep.

### How Does Provent Work?

When you inhale everything works as per normal; however, when you exhale the one-way valve will close off and create a resistance pressure (Expiratory Positive Airway Pressure -EPAP) which helps keep your airways open and prevent apnoeas and snoring. By eliminating apnoeas patients often will experience an improvement in levels of daytime tiredness.



### Advantages to Provent

- Portable and ideal for traveling
- Clinically tested and approved for mild to moderate obstructive sleep apnoea
- Easy to use

### Provent Trials with Sleep Australia

Provent can take a little getting used to and everyone will adapt at their own pace. To help through this adjustment period Provent comes in a 3 phase, 30 Day trial pack . Trials with with Sleep Australia will include:

- An initial appointment where the Sleep Scientist will explain your sleep study results and treatment recommendations. The scientist will show you how to apply the device and explain how to use it. You will then take the trial box home and begin your treatment.



- Follow up calls each week to see how you are progressing with the Provent Therapy and to provide any additional support you may need.
- A repeat sleep study on Provent once you have acclimated to ensure that the therapy is successfully fixing your apnoea.

Talk to our friendly staff to see if  
Provent is right for you!

