

# Alaska Sleep Clinic Presents:

*About your Speaker*

**Michael J. Thorpy, MD**

**Board-certified:** Sleep Disorders  
Medicine and Neurology

**Professor of Neurology:** Albert Einstein  
College of Medicine

**Published:** Seven books including  
“The Encyclopedia of Sleep and Sleep  
Disorders” and more than 50 articles  
including in The New England Journal of  
Medicine

**Honors:** The Nathaniel Kleitman Award  
from the American Sleep Disorders  
Association

*Dr. Thorpy is frequently quoted in the  
media, including The New York Times,  
The Washington Post, and Good  
Housekeeping. He has appeared on the  
“Today Show,” “20/20,” and “Donahue,”  
and has given more than 100 television,  
radio, and print interviews.*



Michael J. Thorpy, MD  
*Speaker*

## *A Seasonal Sleep Education Seminar on Sleep Apnea and CPAP Therapy*

**When:** September 16, 2011

**Time:** 6:30 – 8:00pm

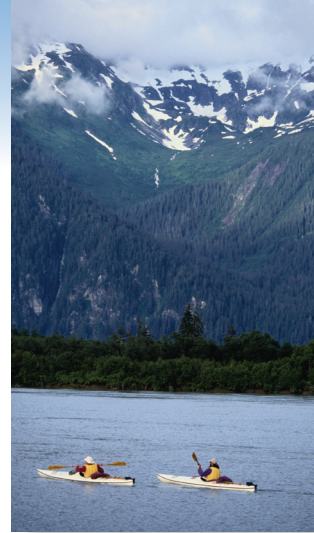
**Where:** Crown Plaza Hotel, Borealis Room  
109 W. International Airport Rd., Anchorage

**What:** Light snacks and beverages will be served.

**R.S.V.P.:** Space is limited, call 855-49-SLEEP.

**Agenda:** During this 90-minute seminar, you'll:

- *Learn more about Sleep Apnea and what role CPAP therapy plays in its treatment.*
- *Find out how to get the most value out of your current SomnoSure™ Program equipment – with technical guidance from our staff.*
- *Test-drive the newest premium wireless system from SomnoSure™ that offers numerous benefits at no additional cost.*
- *Get valuable information about your CPAP system.*
- *Receive tips on how to get a better night's sleep.*
- *Hear from your peers about how they're sleeping in a question-and-answer session.*
- *Share what's working for you with the group.*
- *Find out how to live the life you want.*



*Spouses, Loved Ones & Non-Patients Welcome.*



## WELCOME TO THE FIRST IN A SERIES OF QUARTERLY, SEASONAL SEMINARS.

As with any medical treatment, assistance and support with your sleep prescription are critical to your ability to get a good night's sleep. To ensure your treatment is effective and that you receive maximum benefit from your therapy, we believe in and provide excellent, informative follow-up care.

Because we're your premier local resource for sleep education, we're inviting you to a Seasonal Sleep Education seminar by Michael J. Thorpy, MD. At the seminar, we'll discuss the newest developments in CPAP systems, including a new premium support system called SomnoSure™ that offers you a number of new benefits at no additional cost. Among its many benefits, SomnoSure™:

- *Monitors your progress daily.*
- *Automatically alerts Alaska Sleep Clinic to any problems so you don't have to.*
- *Identifies the need for intervention.*
- *Adjusts your therapy remotely without data cards or additional visits.*
- *Reduces disruptions to your daily life.*
- *Saves time by reducing your follow up appointments.*
- *Automatically prompts sleep technologists when you need new filters, tubing or masks. (This is typically covered by your insurance so you'll only pay the postage.)*
- *Provides a 30-day no-risk mask guarantee.*
- *Offers local support meetings, like this seminar, with relevant topics presented by guest lecturers.*

Looking forward to seeing you there! For more information and to R.S.V.P., call 855-49-SLEEP or visit our new website at [AlaskaSleep.com](http://AlaskaSleep.com).

Sincerely,  
Kevin Asp, President



*"Thanks, Kevin! You literally saved my marriage by letting my wife sleep, too!"*

– Ted W., Wasilla

## Frequently Asked Questions

This informative sleep education seminar will include a Q&A Session to discuss typical questions we are often asked. Among them:

### ***Why should I attend these seminars?***

We want to hear how you're adjusting to the SomnoSure™ system, how well you're sleeping, what your issues are and any issues your spouse might be experiencing.

### ***Why should I bring my spouse?***

Your inability to sleep through the night affects your spouse. We want your spouse to be aware of the newest wireless system that's available to monitor your progress.

### ***What do you want me to do?***

We want you to share your story with your peers, and we want you to hear their stories. You're not alone, so this connection to others with similar problems is an effective part of your treatment.

### ***What are these seminars all about?***

Each seminar focuses on a seasonal sleep topic that affects our patients. By sharing this information, we can help you live the life you want, the life you deserve.

*"After just a few adjustments, I'm now sleeping up to six hours a night."*

– Richard T., Anchorage