

Comprehensive Sleep
Medicine Associates
CSMA



Get the best sleep you've always dreamed about.

Better Sleep. Smart Monitoring.

Join our Remote Patient Monitoring Program (RPM)
The REST Tracker system monitors your sleep, looking for ways to help you improve sleep quality.

Personalized care, powered by technology.
Covered by most insurances.

Scan to quickly sign up for the program.
You'll be taken to our secure consent form.



Why Are We Monitoring Your Therapy?

In a nutshell, so we can provide better care.

- PAP therapy is most effective when it is tailored to you.
- REST Tracker checks your data each night—to let our team know how well your PAP is working.
- We watch for:
 - Mask leaks that can affect your comfort and therapy effectiveness
 - Breathing irregularities that may need follow-up
 - Nights when you didn't get enough hours of use
 - and more!

It's like a personal sleep coach. If something is off, we'll reach out to help. We make sure your sleep therapy works every single night.

You don't have to worry—we've got it covered!

All data is monitored in compliance with HIPAA standards. Your privacy and protection are our top priority.

"I didn't realize I was still having apnea events. They called me before I had to reach out. My pressure was changed, and now I sleep more soundly."

~ Actual REST Tracker/PAP User

How Our System Helps You—While You Sleep

The REST Tracker system reviews your data each morning so you don't have to.



Usage Hours

Are you getting enough time on therapy?



Mask Leaks

Are you losing air through a poor seal?



AHI (Apnea Hypopnea Index)

Are you still having breathing events?



Pressure Trends

Is your machine set to proper pressures?



Breathing Pattern

Signs of irregular breathing?

Your PAP machine already captures this data. The REST Tracker provides the work for the clinic automatically, making it feasible to analyze your data nightly, recognizing when further assistance is needed.

If there's a problem, you'll be contacted.

What are the different types of PAP machines?

- APAP: Adjusts pressure automatically as you sleep
- BiLevel: Higher pressure when breathing in, lower when breathing out
- CPAP: One constant pressure all night

Ready to Join the RPM Program?

Joining is quick and easy!



Scan the QR Code



Fill out the online form



We'll reach out to you to get things started

Who is eligible?

- You are a current patient at CSMA
- You are currently using a PAP machine that sends data to the Cloud
- You want the highest level of care using state-of-the-art technology

You focus on rest. We'll focus on the results.