




**Apnea Board** is an online educational support group dedicated to *Sleep Apnea Patient Empowerment*. We believe that advice from health care professionals is very important. We also understand that Sleep Apnea patients are *their own best primary care provider* and will benefit greatly by taking a more active role in their own therapy and treatment.

Many times, patients need help or advice, but are unable to get it quickly. **Apnea Board** was started in 2004 to fill that need. Our website is operated by a group of friendly and knowledgeable volunteer Sleep Apnea sufferers.

The **Apnea Board Forum** has thousands of members from around the world who gather to help one another. It's considered by many to be the premier place on the Web for Sleep Apnea patients.



Join our forum and download **free Sleep Apnea Tracking Software** to help monitor your treatment progress. Get the **free Setup Manual** for your CPAP machine to help adjust settings in coordination with your doctor's advice. Browse the **Apnea Board Wiki** – a repository of collected knowledge and wisdom concerning Sleep Apnea.


Join **Apnea Board** today (it's free):  
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