



Chicago Sleep Health Newsletter #9

Warmer Weather Awaits...

Happy July! Welcome to another edition of Chicago Sleep Health's monthly newsletter. In this newsletter, you'll find clinical updates and answers to frequently-asked questions. Updated information includes updates about the new "KPAP" machine for sleep and orexin agonists to treat narcolepsy. Enjoy!

CLINIC UPDATES

- Join us in congratulating Kuldoon for his 10-year anniversary with Chicago Sleep Health! Thank you for everything you've done for us, Kuldoon!
- We want to also highlight Drea, our night sleep technician. Welcome to the team, Drea!
- Dr. Park recently presented at the annual Associated Professional Sleep Societies (APSS) meeting in June 2026. She presented information about Sunosi, a type of treatment for fatigue related to sleep apnea. If you would like to learn more about Sunosi, feel free to ask Dr. Park!
 - Link to APSS website: <https://www.sleepmeeting.org>
- We are interested in seeing how many people read this newsletter. If you are currently reading this month's edition, please fill out the super quick anonymous google form linked below to let us know! We appreciate your time!
 - Link to Google Form: <https://forms.gle/YM529yrT7ZYRB8cC9>

FAQ

1. Which communication method is best for Chicago Sleep Health?

- a. We rely heavily on technology, so portal messages are the best. Please keep in mind that phone calls have a 1-3 business day delay. We will additionally message you electronically.

- i. Link to Patient Portal: <https://33172-1.portal.athenahealth.com>

2. Is there a pill for sleep apnea?

- a. Apnimed is currently being investigated for FDA approval for sleep apnea. This medication is a combination of a bladder type of medication and medication traditionally used for ADHD. The mechanism of action is thought to be vasodilation of the upper airway muscles and increased frontal lobe control to allow for control of sleep apnea. “This medication offers an alternative to those who cannot tolerate PAP therapy but it is unlikely to be a primary means of treatment. Still, there may be some possible efficacy in dual therapy or combination therapy modes,” Dr. Park says.

THIS MONTH'S HOT TOPIC

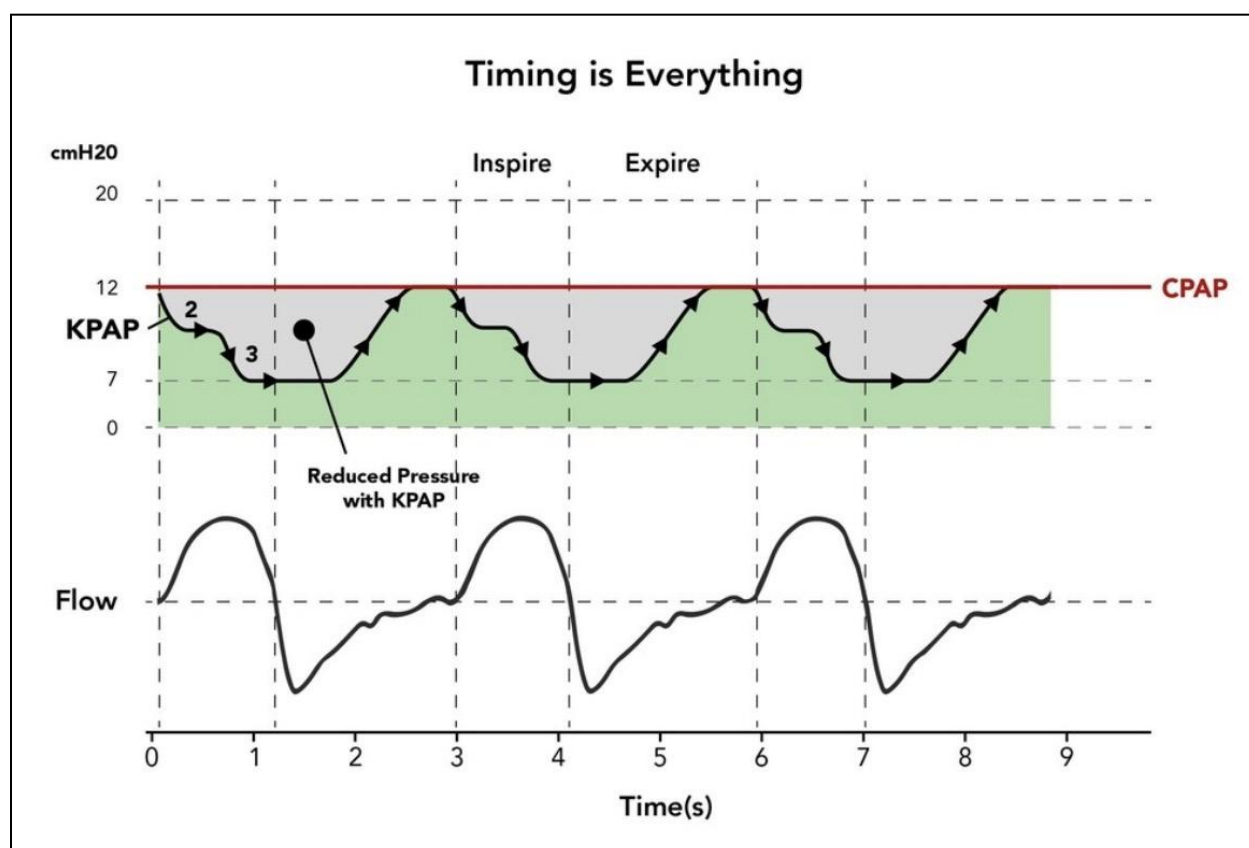
In this section, we will be featuring different sleep-related topics, packed with helpful information and insight that is beneficial to know! For this newsletter, we will be talking about the Kairos PAP device, otherwise known as KPAP.

Rather than maintaining a continuous air pressure like CPAP machines, KPAP machines push air only towards the end of inhalation. According to the manufacturers, they are designed to apply pressure in accordance with natural breathing rhythms, rather than all the time.

Essentially, KPAP is supposed to synchronize with the user's breathing.

The KPAP machine, designed by SleepRes, was cleared by the FDA back on December 17th, 2025. The shift from constant pressure to specific, intentional pressure aims to reduce sleep discomfort and improve sleep quality.

Attached below is a graph from SleepRes demonstrating the difference of air flow for KPAP machines and CPAP machines, in relation to the air flow of human breathing on the bottom. Notice how the CPAP flow is constant, while KPAP pushes air out as inhalation ends (on the graph, the arrowed line decreases as the solid black line peaks).



From Dr. Park: “It’s hard to refute the data of CPAP therapy from the last 30 years, but I do think that a significant subset of patients would benefit from an alternative PAP mode.”

If you would like to learn more about the KPAP machine and its differences from CPAP machines, feel free to ask Dr. Park during your next visit.

For more information on KPAP:

1. <https://sleepres.com/technology/>
2. <https://aasm.org/fda-clears-krocket-pap-device-with-kpap-from-sleepres/>

DISEASE UPDATES

Narcolepsy is a chronic neurological disorder that hinders the brain’s ability to regulate sleep-wake cycles. This causes uncontrollable episodes of sleepiness through the daytime, regardless of how much sleep you got the night before.

The pathophysiology of narcolepsy is thought to be related to a malfunction of orexin, a protein in the brain that allows for sleep and wake balance. The FDA is currently reviewing a class of medications called orexin agonists. The thought behind these medications is to directly stimulate orexin targets to allow for restoration of sleep and wake balance.

“This class of medications will likely be very beneficial to patients who suffer from narcolepsy symptoms, and possibly in the future, people with idiopathic hypersomnia as well,” Dr. Park notes. “It’s unlikely to completely replace current treatments, but having additional medication options for these patients is exciting.”

ADVICE FROM DR. PARK

Take advantage of the summer weather! Let the natural light energize your day because it can help you sleep better at night. Also ensure you are drinking a lot of plain flat water to stay hydrated!

SLEEP IS FUN!!!

Enjoy this sleep-themed Connections game, modeled after the popular New York Times game:

<https://connections.swellgarfo.com/game/-Ovg6x-s4CEKwG2I4EOS>

ADDITIONAL INFORMATION

Patient Portal:

- <https://33172-1.portal.athenahealth.com>

Website:

[CHICAGO SLEEP HEALTH WEBSITE](#)

Contact Us:

- Email at sleepteam@chicagosleephealth.com
- Call us at 312-955-8787

Social Media:

- YouTube: <https://youtube.com/@chicagosleephealth2575?si=N8EYgUvXOogbgHUA>
- Instagram: @chicagosleephealth

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