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## **Zzoma Fact Sheet**

### **• Positional Sleep Apnea:**

Approximately 25% of patients with OSA have what is referred to as positional OSA; meaning that when patients are on their back they have periods where they stop breathing (apneas) or partially stop breathing (hypopneas), but when they are off their back, these abnormal breathing events are gone.

### **• What is Zzoma?**

Zzoma is a positioner worn around the upper torso to restrict patient movement from side to supine. The device is 12 x 6 x 4 inches in size and made of lightweight semi-rigid synthetic foam. It is contained in nylon material with an associated Velcro belt. The particular size and wedge-shaped design on both sides of this device keeps patients comfortably positioned on their side, and prevents supine positioning. Zzoma is indicated for use and intended for professional use for the treatment of mild to moderate, predominantly positional obstructive sleep apnea (OSA) and to reduce or alleviate snoring.

### **• Where can I purchase one?**

[www.ZzomaOsa.com](http://www.ZzomaOsa.com)

### **• How much does it cost?**

\$189.95

- Only FDA Cleared Class II medical positional device cleared for the treatment of positional sleep apnea
- Prescription only
- Costs \$189.95
- Designed by board-certified sleep physicians
- Diagnostic Code: G47.33
- Medicare HCPCS Code: E0190- Positioning cushion/pillow/wedge, any shape or size includes all components and accessories. Due to the nature of the device it falls under a non-reimbursed code.
- Private Carriers' Reimbursement Code: E0190- Positioning cushion/pillow/wedge, any shape or size includes all components and accessories.
- One size fits most (100 lbs to 350 lbs)
- Should be worn around upper torso/chest area
- Intended for nightly use
- When used patient must roll or turn on front (prone position) to switch sides laterally while sleeping
- Can be worn with or without a shirt
- May take up to 2-3 weeks for patient to adjust to

### **• AASM Support**

AASM supports positional therapy. THE 2009 AASM GUIDELINES RELATING TO TREATMENT OF POSITIONAL THERAPY STATE: "Positional therapy, consisting of a method that keeps the patient in a non-supine position, is an effective secondary therapy or can be a supplement to primary therapies for OSA in patients who have a low AHI in the non-supine versus that in the supine position."

### **• Application Instructions:**

- Place the device on your back and bring the straps around so they are in front of you.
- Position the device so the Velcro straps are at the level of your chest.
- Adjust the Velcro straps for fit and comfort and secure together.
- Lie on either side in a comfortable position and go to sleep.

### **• Cleaning Instructions:**

- Remove the foam wedge from the nylon pack.
- Hand wash the nylon pack in cold water with a mild detergent and allow to air dry.
- Once dry, reinsert foam wedge and seal the Velcro closure.

### **• Warnings:**

- The user of this pillow should consult with their physician if the following symptoms continue:
  - Frequent excessive daytime sleepiness
  - Periods of not breathing, as observed by bed partners
  - Awakening short of breath, choking or gagging
  - Heavy snoring

### **• Contraindications:**

- Do not use if pain or discomfort results