

## BUYER'S GUIDE TO BETTER MOUNTAIN LIVING

You've made the right choice to research oxygenation systems for your mountain home. As you know, altitude sickness and restless sleep are problems for both people traveling to the mountains from lower altitudes and for people living at altitude.

Altitude Control Technology is the leading provider of oxygenation systems for mountain homes, but before you see our product (or someone else's), check out our free Buyers Guide for Home Oxygenation Solutions below. It has a great checklist of what to look for in a system during your buying process.

### The Problem

You've invested in building your high altitude home, but you're unable to enjoy your days and nights in the mountains due to the changing environment. You want to make the most of your investment, but you just can't get a good night's rest to realize your mountain dreams.

At just 6,000 feet in elevation, the sleep center of the brain is disrupted by the change in available oxygen due to the reduced atmospheric pressure. Many people struggle to get a good night's rest and others have additional issues such as headaches and upset stomach. High Altitude Periodic Breathing may be a big part of why you just can't seem to get a good night's rest.

### The Benefits of Oxygenation

True altitude simulation can add back that valuable missing oxygen to your high mountain home.

- Adding oxygen to your bedroom can provide you and your guests a place to better acclimate to altitude during the daytime.
- Sleeping in an oxygen enriched environment can restore your body's ability to function during the daylight hours outside.
- Remember that great night's rest you had at sea level, you can now duplicate the same partial pressure of oxygen in your mountain home.
- A good night's rest helps with critical thinking and reduces stress.
- Improve your immune system when your cells get the rest they need.
- Encourage weight loss. If you aren't getting a good night's sleep, your body produces ghrelin which increases appetite. Your body also decreases leptin production which lets your body know that it is full. A good night's rest will help you combat these both.

## What to look for in a Home Oxygenation system

- The system does what is advertised by measuring the oxygen content and delivering enough extra oxygen to compensate for the reduced O<sub>2</sub> available and produce a physiological effect.
- The system has redundancy to prevent false readings and self calibrates.
- The system measures and reacts to atmospheric pressure. Pressure, NOT ALTITUDE, changes the amount of oxygen available for consumption in the air. If you aren't measuring and reacting to the pressure, you can't safely deliver the right amount of oxygen.
- The system is safe and will not create a fire hazard.
  - The system has taken into account and applied the National Fire Protection Association's code 99B section 3.3.3.3 standard for Hyperbaric Facilities (the denominator of their equation is atmospheric pressure).
- The system has been vetted by independent third parties with subject matter expertise.
- The system can be controlled with a mobile device for ease of use.
- The air units are long lasting (more than 15,000 hours of use per machine).
- The company has a dedicated service team and local support if needed.
- The system provider has an established SLA for response time. Oxygen systems are complicated systems consisting of proprietary hardware and software, make sure you understand what service looks like and never settle for "service won't be needed".
- The system sources fresh air from outside and not from a crawl space or mechanical room and meets ASHRAE standards for air exchange
- The system expels the nitrogen outside in order to prevent creating a hypoxic situation in your crawl space or mechanical room. ALL OXYGEN CONCENTRATORS SEPARATE OXYGEN AND NITROGEN.
- Machines don't create excess noise and produce less than 40 decibels.