



Sleep Apnea at Philmont

Sleep Apnea and other sleep disorders are a growing problem across the country and here at Philmont but with some simple planning and discussions with your physician these shouldn't affect your Philmont experience.

Prior to coming to Philmont

Sleep apnea can affect people in different ways so we ask that anyone who suffers from sleep apnea consult their sleep specialist prior to participating in a Philmont trek. Something's that you may want to mention to your Physician are:

- Sleeping conditions: lying on uneven ground with a thin sleeping pad is probably not the conditions you are used to and may exacerbate your sleep problem.
- Altitude: Philmont campsites range from 6,000 to over 10,000 feet above sea level, the altitude may make your sleep apnea worse or may make your CPAP machine not work as well.
- Cool temperatures: At the higher elevations the nighttime temperatures can drop into the low 40's or colder. This cold air can make CPAP batteries not work as well, or may change the severity of your sleep problem.

Sleep Apnea on the Trail

Many sleep apnea patients successfully complete Philmont backcountry treks each year with very little problems. Many physicians suggest that participants leave their CPAP machine at home for the duration of their Philmont trek, and make a plan to hike and sleep without the machine. CPAP machines can be heavy and require multiple batteries to last the duration of the trip. With that in mind it is important to remember the following;

- There is a very limited opportunity for resupply while on backcountry treks, and Philmont may not be able to help you with battery resupply or recharging. If you choose to carry your CPAP you should plan on carrying enough batteries for your entire trip, or have a plan (and test your plan) to recharge them during your trip.
- Learn to adjust your machine for the changes in altitude, and find out what the most efficient settings are to keep the battery working for as long as possible.

Sleep Apnea at the Philmont Training Center

The Philmont training center provides access to 110v power for each tent, so powering a CPAP device is possible. Please let PTC staff know when registering or on check in that you have a medical device that will require power so that can be taken into account when giving tent assignments. Power is not always guaranteed, long power outages are possible, so having batteries or a backup plan is suggested.

Please feel free to contact the Philmont Infirmary (575)376-2281 Ext: 1150 if you have any questions.