



Digital literacy enables up-to-date sleep medicine in inclusive healthcare

eSleep_dHealth

Crete, Heraklion July 7th 2025



Co-funded by
the European Union



eSleep_dHealth

Project:

nApp- a mobile app for OSA patients and CPAP users

Team : Sleep Rangers



Co-funded by
the European Union



eSleep_dHealth



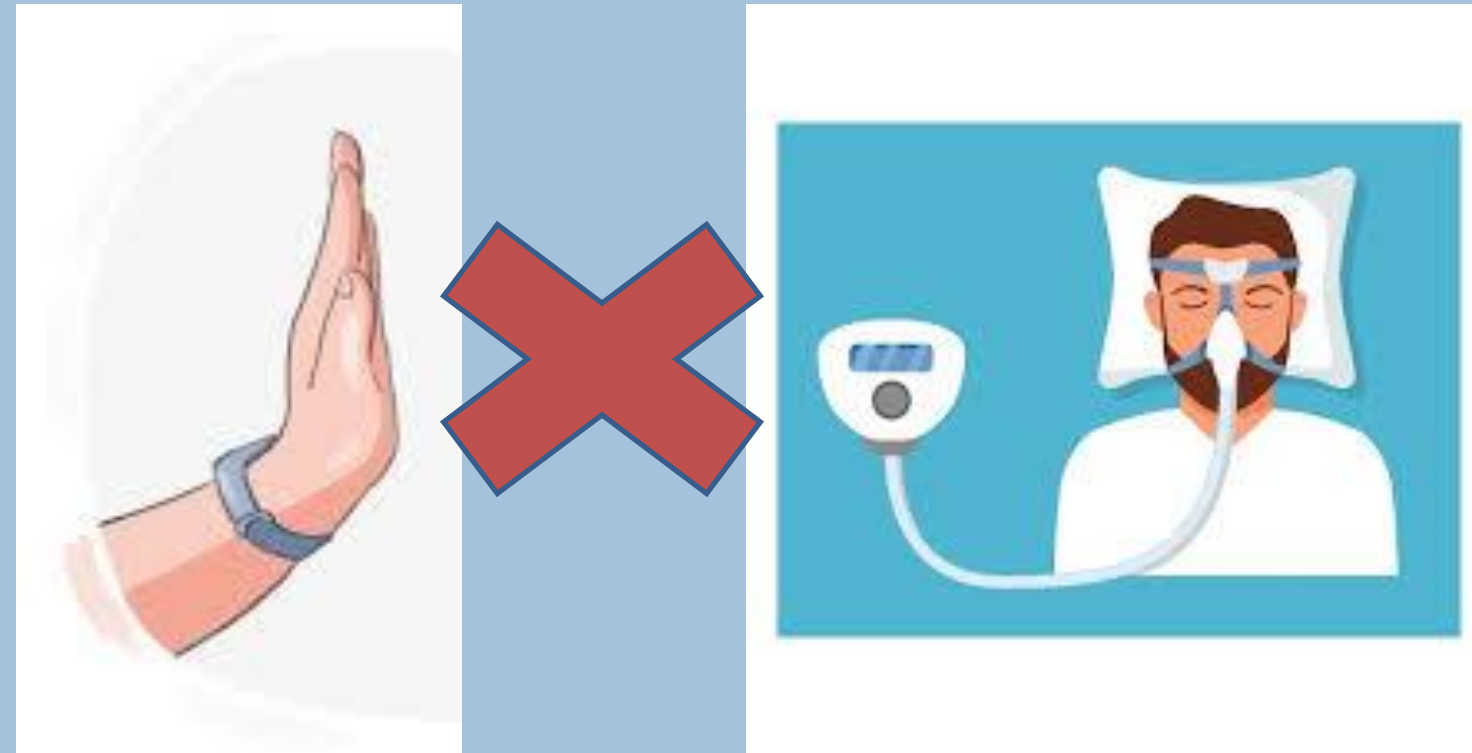
The Problem

50% of OSA patients are not compliant with CPAP therapy

discomfort

lack of motivation

lack of support



**NO COMPLIANCE = serious
health risks, bad quality of life**

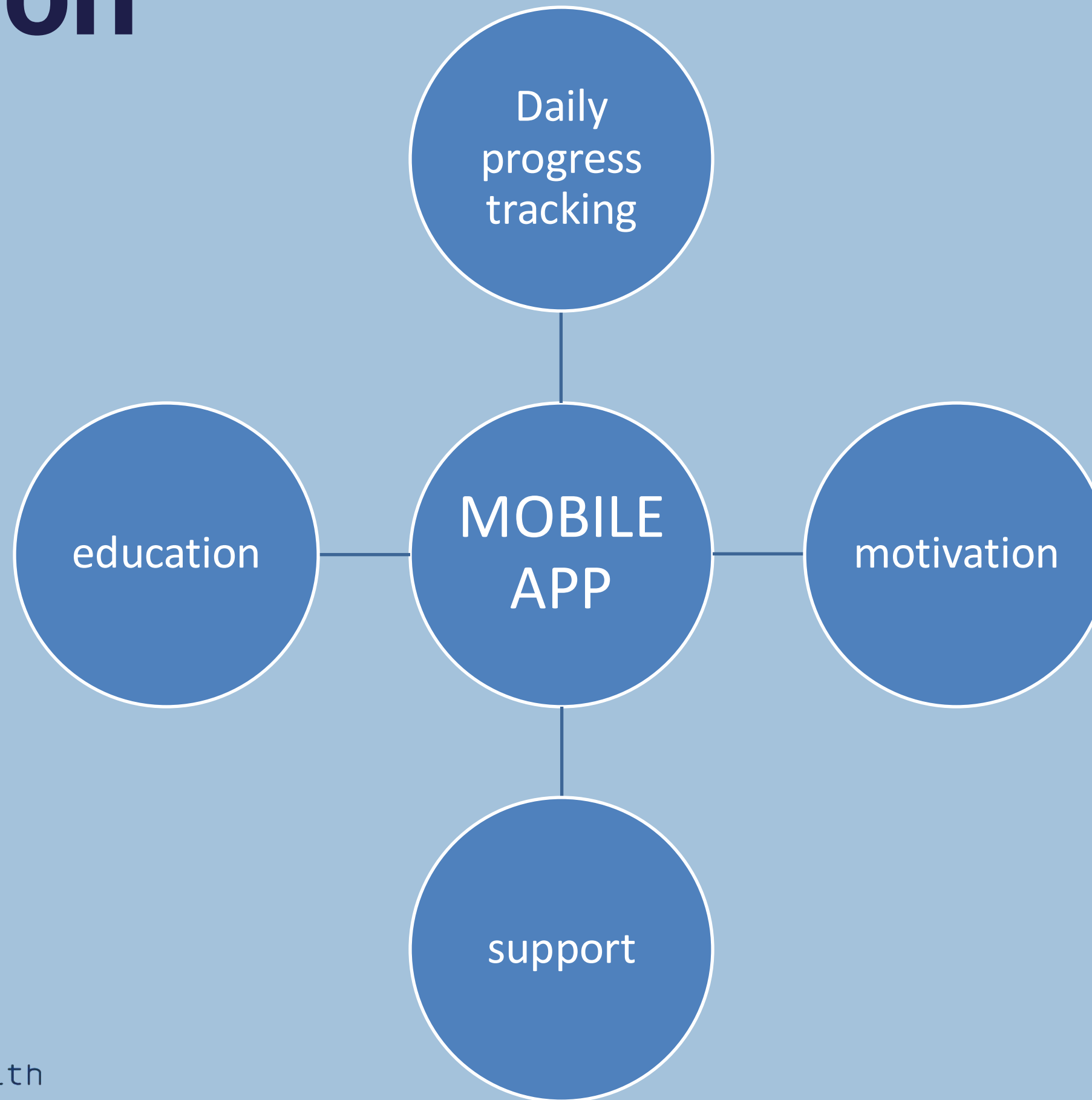


Co-funded by
the European Union



eSleep_dHealth

The Solution



Co-funded by
the European Union



eSleep_dHealth

Target Market



CPAP users:

- 30+years olds, seniors
- Men and women
- Lack motivation and support
- Frustrated, worried



OSA PATIENT

DOCTOR
PRESCRIBING

CPAP



Co-funded by
the European Union



eSleep_dHealth

Market Opportunity



1. Growing awareness of sleep disorders and increasing diagnosis rates

2. Rising trend of mobile health apps among patients



Co-funded by
the European Union

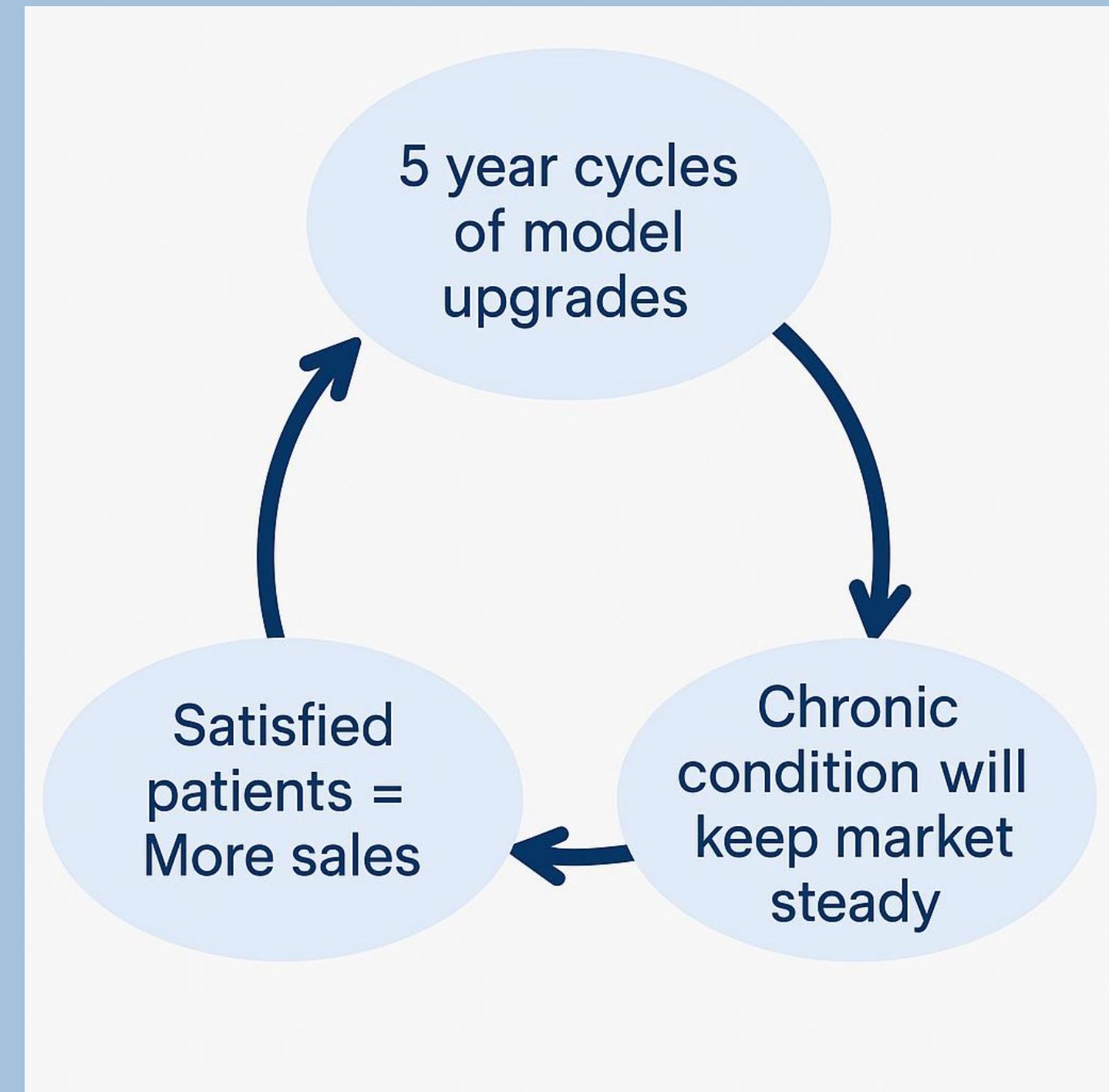


eSleep_dHealth

Business Model



- Revenue Through Strategic CPAP Manufacturer Partnership



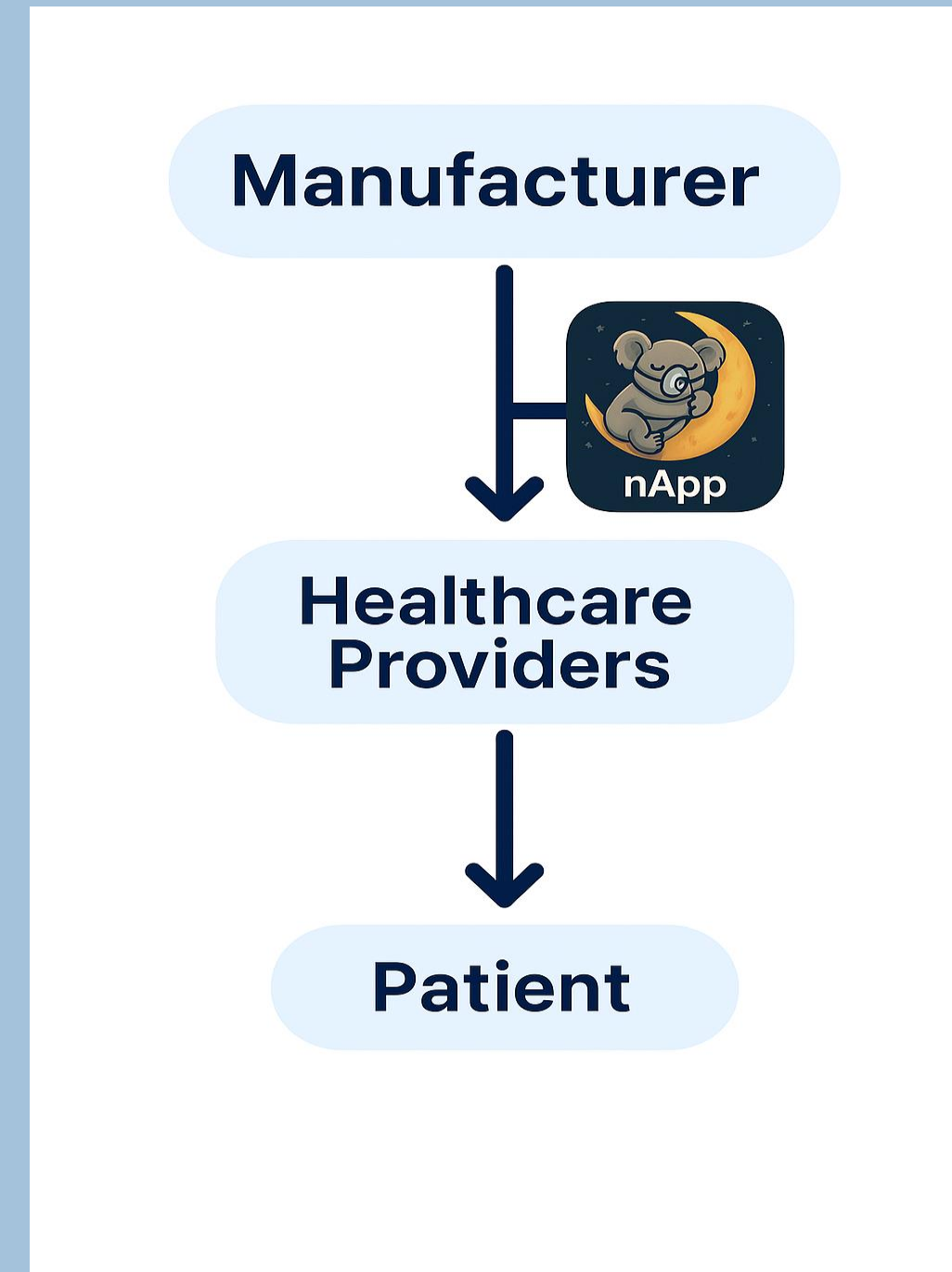
Co-funded by
the European Union



eSleep_dHealth

Go-to-Market Strategy

- Already existent relationship between the manufacturer and the healthcare providers
- No need to approach new customers !



Co-funded by
the European Union



eSleep_dHealth

Competitor Analysis



Feature	nApp	ResMed MyAir	DreamMapper	SleepStyle
Connects to CPAP	✓	✓	✓	✓
Visualizes usage and compliance	✓	✓	✓	✓
Daily sleep and fit-mask ratings	✓	✗	✗	✗
Flags problems and recommends action	✓	✗	✗	✓
Patient education/video tutorials	✓	✓	✓	✗
Built for all CPAP users	✓ / ✗	✗	✗	✗





Co-funded by
the European Union



eSleep_dHealth

Traction

- In-depth interviews with sleep apnea patients
- 100% of interviewees said they **would try** our app 
-  Validated user's real needs

100%



Co-funded by
the European Union

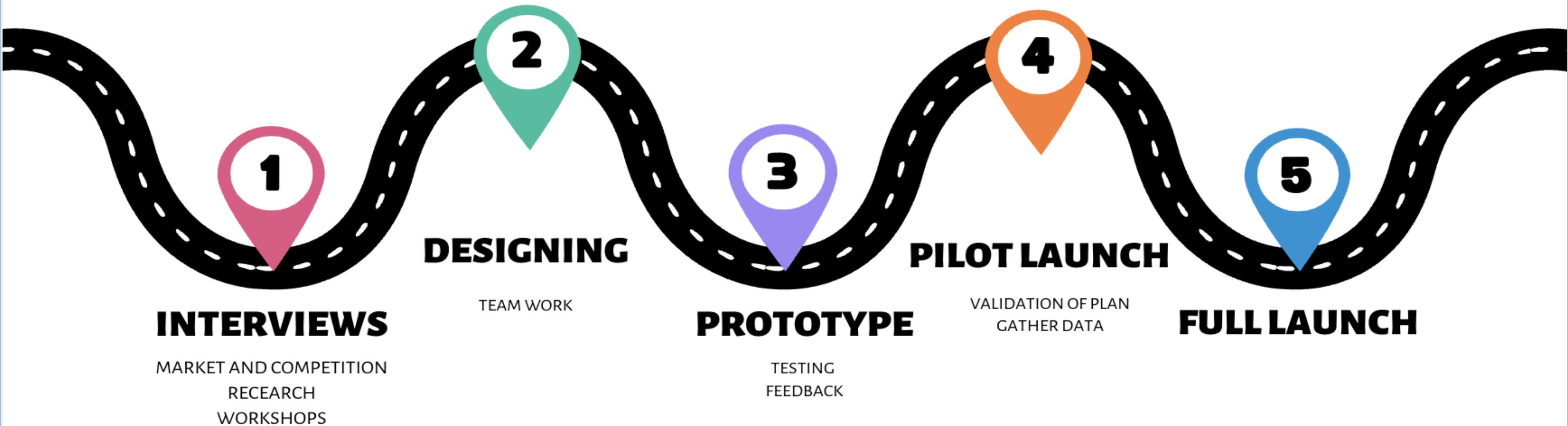


eSleep_dHealth



Milestone

TIMELINE

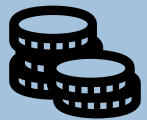


Financials & Funding Ask



1-2 Year Plan

- **Year 1:** App development & start pilot testing
- **Year 2:** CPAP integration, Clinical Valuation & launching



Funding Need

- €250,000
- 80% from Public/non-profit grants
- 20% from Partnership with CPAP manufacturers

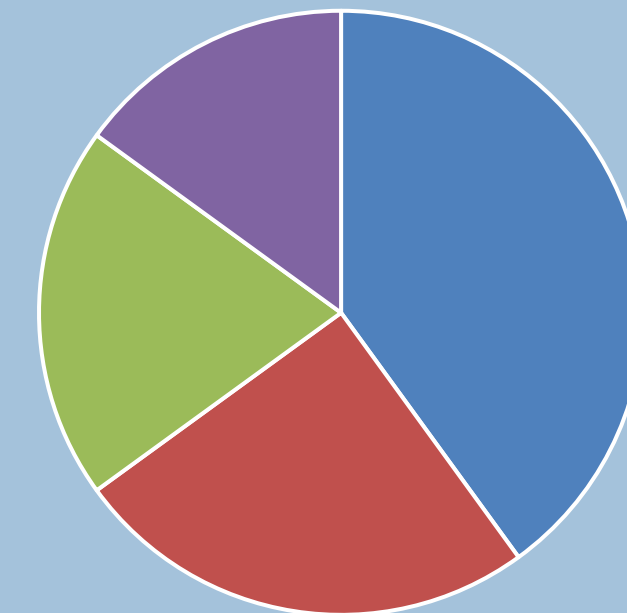


Co-funded by
the European Union



eSleep_dHealth

Estimated Use of Funds



■ App development

■ Clinical valuation

■ Integration with CPAP devices

■ Pilot and launch

Closing...



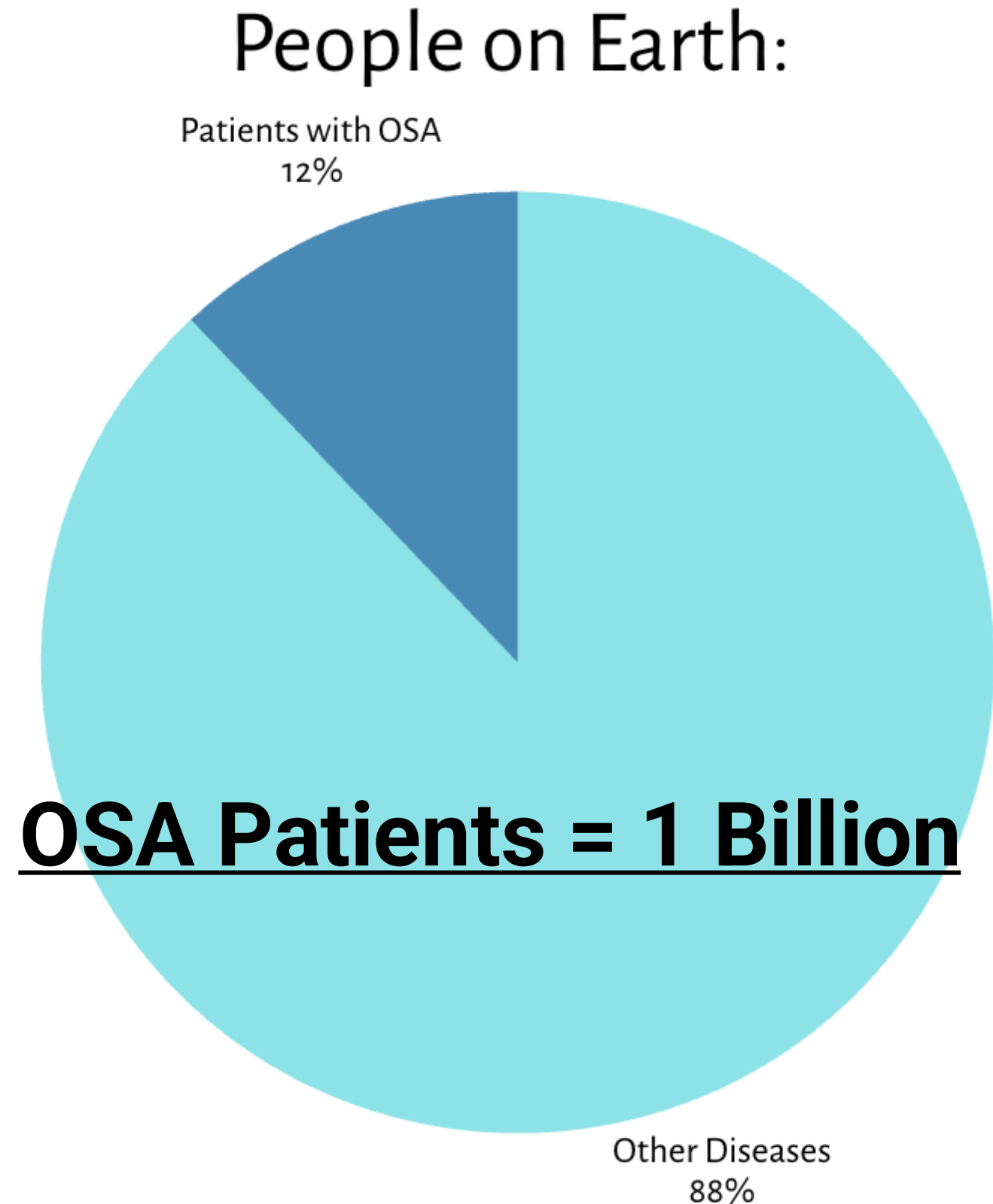
- **Partnerships to create Pilot opportunities**
- **Personalized app & it's NEEDED!**



Co-funded by
the European Union



eSleep_dHealth





thank you



Co-funded by
the European Union



eSleep_dHealth