



Cancellation and No Show Policy

Phone: (702) 463-8062 • Fax: (702) 463-8368

1661 E. Flamingo Road Ste. 4-B • Las Vegas, NV 89119

Dear Scheduled Patient:

At this time you have been scheduled for an overnight sleep study at our facility. A private room has been reserved in your name and coordinated arrangements have been made with a variety of people involved with your sleep study including Sleep Technologists, Scoring RPSGT Technologists and Interpreting Physicians. ***Many costs are being incurred to properly plan and perform your sleep study before you even arrive at our facility.*** We do not double book any of our patient rooms.

If you need to cancel or reschedule, we certainly understand and we will make every effort to accommodate your scheduling needs. **Notify At Home Sleep Studies During Normal Business Hours At Least 48 Hours In Advance Before Your Sleep Study.** Normal Business Hours: 9AM to 5PM Monday through Friday. By doing so, you will incur no costs for cancellation. However, if you do not cancel 48 hours prior to your appointment or No Show for your appointment, a fee of \$200 will be billed to you. **Cancellation Fees or No Show Fees are YOUR responsibility and cannot be billed to your insurance company.** Medicare and Insurance Providers Do Not Cover or Pay for Cancellation or No Show Fees.

You Will Be Personally Responsible For This Fee of \$200.

No Show Patients will be required to place a security deposit to schedule future appointments.

ALL PATIENTS WHO CANCEL WITH LESS THAN 48 HOURS WILL BE CHARGED \$200.

ALL PATIENTS WHO NO-SHOW WILL BE CHARGED \$200.

Most people are considerate in providing us with advance notice and courteous to fellow patients awaiting appointments. This policy is in place due to the unfortunate fact that we continue to encounter patients who cancel at the last minute or No Show for their scheduled appointment. We are making every effort to be "up front" and clear about our cancellation policy so there is no misunderstanding. We certainly understand that situations arise and patients need to change appointments. We are happy to work with you to reschedule your appointment. All we ask is that you give us enough advance notice. If you have any question please call us at (702) 463-8062. Thank you for allowing us the opportunity to participate in your medical care. Our diagnostic team will provide you with the highest level of personal, professional, and quality care. We hope your overnight stay with at our facility will be a comfortable and pleasant experience. We sincerely appreciate your consideration and cooperation.

Sincerely,

At Home Sleep Studies Staff



Patient Information Sheet

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"Everyone Deserves Restful Sleep"

How to Prepare

DO Shower and wash your hair and body before coming to the sleep facility.

DO NOT wear make-up, hairspray, gel, mousse, nail polish, or apply lotions to the skin. They will interfere with the study. Please make sure hair is dry.

DO Eat a regular dinner or meal as usual. (You may bring necessary snacks to the sleep facility)

DO NOT drink alcohol or caffeine 8 hours prior to your sleep test. (Please do not consume too much coffee or soda.) Avoid drinking too much fluid before the study.

DO Take your regular medications as instructed by your physician.

DO NOT forget to bring all medication(s) taken at bedtime or during the night.

DO Bring nightclothes or comfortable sleepwear. Pajamas or shorts and a t-shirt are preferred at the sleep facility.

DO NOT wear satin or silky materials. Patients will not be allowed to sleep naked or only in their undergarments. All patients **MUST** wear clothes!

What to Expect

When you arrive for your study, the technologist will apply the monitoring devices. This should take approximately 45 minutes. You will sleep in a private bedroom, and are able to get up as much as you need throughout the night to use the restroom. Your room has a TV/DVD player, so feel free to bring in a DVD to watch before bedtime. You are also welcome to bring a book or magazine. We provide bedding, including sheets, blankets and pillows. The study usually ends between 4 and 5 a.m. the following morning. The technologist is not permitted to discuss your test results or make any treatment recommendations. Please follow up with your physician to discuss the results of your sleep test. Results will be available after fourteen business days. In addition, we accept all major credit cards, checks, or exact cash. Sorry we are unable to make change. Thank you for your patience while we prepare for your care and contact your insurance.

PLEASE BE ADVISED WE HAVE A 48 HOUR CANCELLATION POLICY



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PATIENT INFORMATION

Patient Name: _____
Last First Middle

DOB: ____/____/____ Social Security #: _____ Gender: [] Male [] Female

Address: _____
Street City State Zip Code

Home #: (____) _____ Cell #: (____) _____ Email: _____

Marital Status: [] Single [] Married [] Divorced [] Widowed Spouse's Name: _____

Emergency Contact: _____ Phone #: (____) _____

Employer: _____ Phone #: (____) _____

Referring Physician: _____ Phone #: (____) _____

Primary Care Physician: _____ Phone #: (____) _____

Do You Participate With A Flexible Spending Account For Medical Payments? [] YES [] NO If YES, Amount: \$ _____

Do You Participate With Any Employer Health Contribution Account Program? [] YES [] NO If YES, Amount: \$ _____

PATIENT AGREEMENT

[X] _____ I certify that I and/or my dependents(s) have insurance coverage with _____ as primary and secondary insurance(s). I assign directly to At Home Sleep Studies LLC all insurance benefits, if any, otherwise payable to me for services rendered by At Home Sleep Studies LLC. I authorize the use of my signature on all insurance submissions.

[X] _____ I understand At Home Sleep Studies is billing my insurance as a courtesy to me. I authorize the use of my health care information and the disclosure of information to the above named Insurance company(ies) and their agents for the purpose of obtaining payment for sleep services, determining insurance benefits, or benefits payable for related services. I also understand it is my responsibility to follow up with my insurance company 30 days from date of service to make sure they are processing my claims. Any claims not paid within 90 days will be my responsibility. This consent will end when my current treatment plan is completed or one year from the date signed below.

[X] _____ I understand At Home Sleep Studies will charge me \$200.00 for an unexcused No-Show or Cancellation with less than 48 hours of my scheduled appointment. The No-Show and Cancellation fee is NOT a covered benefit with Medicare or your insurance provider.

[X] _____ I understand that I am financially responsible for all charges whether or not paid by my insurance. I am ultimately responsible for the balance of my account for any sleep diagnostic services rendered. If my account becomes delinquent, I agree to pay interest on the outstanding balance owed at the maximum amount permitted by law and if At Home Sleep Studies undertakes collection efforts to recover any past due amounts, I agree to pay all reasonable costs incurred, including attorney's fees. I request that payment of authorized medical benefits be paid directly to At Home Sleep Studies.

Patient Signature: _____ Date: _____



Patient Consent

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At Home Sleep Studies, LLC is a CMS approved Independent Diagnostic Testing Facility (IDTF) that performs Diagnostic Sleep Testing to include but not limited to PSG, PAP Titration, ASV Titration, Split-Night Sleep Testing, Pediatric PSG, Pediatric Titration, Home Sleep Testing, and Pulse Oximetry Testing services. Should you have any questions please contact us at (702) 463-8062.

The undersigned, understands and agrees that the Diagnostic Sleep Testing just performed or about to be performed, was ordered by your physician for the purpose of measuring your sleep disorder and verifying your need for home sleep disorder breathing equipment as it pertains to your disease or condition. Further, I hereby authorize At Home Sleep Studies, LLC to bill my insurance carrier or Medicare on my behalf for the costs of this test. I understand that I may be financially responsible for a deductible or co-pay and agree to make such payment if it is determined that my deductible or co-payment have not been met at the time of service. If I am deemed ineligible by Medicare or other insurance carriers to which At Home Sleep Studies, LLC submits a claim on my behalf or should my insurance company/responsible billing party not pay for the services provided, I agree to pay all charges incurred. I certify that I am the recipient of the testing described herein, and that the test was actually performed on me. I hereby authorize At Home Sleep Studies, LLC to release information concerning this test and any medical information necessary, to the provider(s) of my medical care such as physicians, medical equipment company, or hospital – as well as any insurance company or responsible billing party. This information may include diagnosis, records of any treatment, or any examinations rendered.

AUTHORIZATION TO DISCLOSE HIPAA PROTECTED HEALTH INFORMATION

I authorize At Home Sleep Studies, LLC, who will be processing the data from my Diagnostic Sleep Testing report(s), to release the report(s) to the physician who ordered the test and to the DME provider who may be supplying your equipment, to gather the data for the purposes of monitoring my sleep disorder. I understand that if information is disclosed under the authorization to someone who is not a health care provider, the information may no longer be protected by federal privacy rules and could be disclosed to others by the recipient. I understand I have the right to refuse to sign below related to Authorization to release sleep diagnostic testing results or obtain Medical Records, and I also understand that I have the right to revoke this authorization at any time with written notice or revocation to At Home Sleep Studies, LLC, (except to the extent that At Home Sleep Studies, LLC has taken action in reliance on the authorization and information has already been released).

PATIENT HEALTH INFORMATION CONSENT FOR USE AND DISCLOSURE OF HEALTH INFORMATION PRIVACY STATEMENT

Purpose of Consent: By signing this form, you will consent to our use and disclosure of your protected health information to carry out the treatment, payment activities, and healthcare options.

Notice of Privacy: You have the right to read our Notice of Privacy Practices before you decide whether to sign this consent. Our notice provides a description of our treatment, payment activities, and healthcare options of the uses and disclosures we may make of your protected health information, and of other important matters about your protected health information. Below is a notice of this consent in which we encourage you to read carefully and completely before signing.

AUTHORIZATION TO DISCLOSE HIPAA PROTECTED HEALTH INFORMATION

Please note that we maintain paper and electronic files that may contain private information about that may include, but is not limited to your name, date of birth, address, phone number, contact person, height and weight, diagnosis, prognosis, physician's prescriptions, plans of services and treatment, vital signs, clinical impressions, insurance coverage(s), equipment rented and purchased, credit card number, dates of services, etc. We release, transfer and disclose the above information to the third parties to facilitate appropriate provision and review of services and billing for our clients of record. These files are legal documents and are also used for education, evaluating the performance of our organization, marketing, and planning purposes. We have measures in place to protect patient health information as required by law. These measures include, but are not limited to, security precautions being in place in our building, vehicles, billing software, transactions of data to third-parties, telephonic and wireless communications, maintenance, retention and destruction of data, etc. You have the right to amend, restrict, revoke consent to release, examine or obtain copies of the data that we have in your file, and have released to others upon request. If you have questions concerning any of the above, please contact our Compliance Officer at (702) 463-8062.

PATIENT RIGHTS AND RESPONSIBILITIES

Be fully informed in advance about care/service to be provided, the disciplines that furnish care, the frequency of visits and any modifications to the plan of care. Be informed, both orally and in writing, in advance of care being provided, of the charges, including payment for care/service expected from third parties and any charges for which the client/patient will be responsible. Receive information about the scope of services that the organization will provide and specific limitations on those services. Refuse care or treatment after the consequences of refusing care or treatment are fully presented. Have one's property and person treated with respect, consideration, and recognition of client/patient dignity and individuality. Be able to identify personnel members through proper identification. Be free from mistreatment, neglect, or verbal, mental, sexual, and physical abuse, including injuries of unknown source, and misappropriation of client/patient property. Voice grievances/complaints regarding treatment or care, lack of respect of property or recommend changes in policy, personnel, or care/service without restraint, interference, coercion, discrimination, or reprisal. Have grievances/complaints regarding treatment or care that is (or fails to be) furnished, or lack of respect of property investigated. Confidentiality and privacy of all information contained in the client/patient record and of Protected Health Information. Be advised on agency's policies and procedures regarding the disclosure of clinical records. Choose a health care provider, including choosing an attending physician. Receive appropriate care without discrimination in accordance with physician orders. Be informed of any financial benefits when referred to an organization. Be fully informed of one's responsibilities.

I have had full opportunity to read and consider this consent form and I have received At Home Sleep Studies Notice of Privacy Practices. I understand that, by signing this consent form, I am giving consent to At Home Sleep Studies for use and disclosure of my protected health information (PHI) to carry out treatment, payment activities and healthcare or referral operations.

Patient Signature

Date

NOTICE OF PRIVACY PRACTICES

THIS NOTICE DESCRIBES HOW MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.

As a customer of At Home Sleep Studies, LLC, you are entitled to certain services provided under the direction of your physician. In the course of providing these services to you, we may receive and exchange medical information necessary in the continuation of care. Federal law requires we protect the privacy of your medical information, which includes, but may not be limited to, information that identifies you and relates to your past, present, or future health or condition, the provision of health care to you, or payment for services received by you. At Home Sleep Studies, LLC, may exchange Protected Health Information (PHI) with other companies (Business Associates) to assist in providing these services to you.

Federal Law requires we provide you with this notice about its privacy practices and its legal duties regarding your medical information. This notice explains how, when, and why At Home Sleep Studies, LLC, may use and disclose your medical information. We may change our privacy practices and the terms of this notice at any time. Changes will be effective for all of your PHI. If the privacy practices changes, we will mail you a new notice of privacy practices that incorporates any changes within sixty (60) days.

Certain uses and disclosures do not require your written permission. At Home Sleep Studies, LLC, may use and disclose your medical information without your written permission for the following purposes:

For services/treatment; to obtain payment for services/treatment; for health care operations; to you and your personal representative; when a disclosure is required by law; to Business Associates.

For other uses and disclosures permitted by law:

- To public health authorities for public health purposes
- To state agencies handling cases of abuse, neglect, or domestic violence
- To a government agency authorized to oversee the health care system or government programs
- To comply with legal proceedings, such as a court or administrative order or a subpoena
- To law enforcement officials for limited law enforcement purposes
- To a coroner, medical examiner, or funeral director about a deceased person
- To an organ procurement organization in limited circumstances
- To avert a serious threat to your health or safety or the health or safety of others
- To military authorities if you are a member of the armed forces or a veteran of the armed forces
- To federal officials for lawful intelligence, counter-intelligence, and other national security purposes
- To an executor or administrator of your estate
- To any other persons and or entities authorized under law to receive medical information

ALL OTHER USES AND DISCLOSURES REQUIRE YOUR PRIOR WRITTEN PERMISSION

Any other use or disclosure of your medical information At Home Sleep Studies, LLC, must have your written permission. You may cancel your written permission for the use and disclosure of any and/or all of your medical information, however we may complete any action initiated prior to revocation, and which rely on release/exchange of PHI for completion.

YOUR RIGHTS

You may make a written request to us to do one or more of the following concerning your PHI received by us or our Business Associates:

- Add additional limitations on the uses and disclosures of your medical information
- Choose how we send PHI to you
- See and get copies of your PHI
- Get a list of certain uses and disclosures of your PHI
- Get a copy of this notice
- File a complaint if you think we have violated your privacy rights regarding your PHI

Although At Home Sleep Studies, LLC, will utilize its best efforts to comply with your request, we may legally deny your request in certain circumstances. We will notify you of the reason for the denial and you will get a chance to respond. We may not deny a request to communicate with you in confidence by a different means or location if the current means or location used by us endangers you. Your request to communicate by a different means or location must be in writing, include a statement that disclosure of all or part of the PHI by the current means could endanger you, and specifically state the different means or location by which you would like us to communicate with you. If you believe your privacy or security rights have been violated, you can file a complaint with AHSS Privacy & Compliance Officer or with the Secretary of Health & Human Services or the Office for Civil Rights. We will not retaliate against you for filing a complaint. to the following address:

At Home Sleep Studies LLC
Privacy & Compliance Officer
1661 E. Flamingo Rd. #4B
Las Vegas, NV 89119
(702) 463-8062
athomesleepstudies@ymail.com

**Secretary of Health & Human
Services of Nevada**
4126 Technology Way, Suite 100
Carson City, Nevada 89706
Phone: (775) 684-4000
Email: nvdhhs@dhhs.nv.gov

ACHC
139 Weston Oaks Ct.
Cary, NC 27513
Phone 855-937-2242
Local 919-785-1214
Email: customerservice@achc.org

Michael Leoz, Regional Manager
OFFICE FOR CIVIL RIGHTS
U.S. Department of Health &
Human Services
90 7th Street, Suite 4-100
San Francisco, CA 94103



Patient Financial Responsibility Disclosure Statement

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PAYMENT ARRANGEMENTS

- I agree to be responsible for payment of all services rendered to me or my dependents by At Home Sleep Studies.
- By signing this document, I authorize the assignment to At Home Sleep Studies for all payments under any insurance benefits otherwise payable to me for services provided by At Home Sleep Studies under any insurance policy (Hospitalization, Major Medical, Workers' Compensation, or Any Other Insurance or Benefit Plan).
- By signing this document, I authorize the release of my protected health information (PHI) to my insurance company (ies) or other third party payer's, including their representatives, as necessary to determine coverage or as required for review, quality improvement, and/or management.
- I agree to pay, at the time of service, any required co-payments, co-insurance and deductibles, as well as charges for services not covered by my insurance.
- I understand that I am responsible for paying the balance of my bill in full unless other arrangements have been approved in advance.
- I understand that past due accounts will be referred to a collection agency and that I will be responsible for all collection charges, associated legal fees, and the full balance on my account.
- By signing this document, I agree that photocopies of this document are as legally binding as the original.
- Your signature below forms a binding agreement between At Home Sleep Studies LLC (the provider of diagnostic sleep testing services) and You, the Patient, who is receiving diagnostic sleep testing services, or the Responsible Party (individual who is financially responsible for payment of medical bills).

AS THE RESPONSIBLE PARTY, YOU ARE RESPONSIBLE FOR PAYMENT IF YOUR INSURANCE COMPANY DECLINES TO PAY FOR ANY REASON OR REMITS PAYMENT DIRECTLY TO YOU, THE PATIENT.

Example: If Blue Cross Blue Shield (BCBS) sends payment directly to you, the Patient, for services rendered by At Home Sleep Studies LLC, it is your responsibility to contact At Home Sleep Studies LLC at (702) 463-8062 and sign over the insurance issued check.

RETURN CHECK POLICY

If a payment is made on an account by check, and the check is returned as Non-Sufficient Funds (NSF), Account Closed (AC), or Refer to Maker (RTM), the Patient or the Patient's Responsible Party will be responsible for the original check amount in addition to a \$35.00 Service Charge. Once notice is received of the returned check, At Home Sleep Studies LLC will send out a letter to notify the Responsible Party of the returned check. If a response is not made within 15 days from the letter date, the account may be turned over to our collection agency or legal services and a collection fee will be added to the outstanding balance in addition to the \$35.00 Check Service Charge.

NON-PAYMENT ON ACCOUNT

Should collection proceedings or other legal action become necessary to collect on an overdue account, or failure to sign over insurance issued check, the Patient or the Patient's Responsible Party understands that At Home Sleep Studies LLC has the right to disclose to an outside collection agency or legal services, all relevant personal and account information necessary to collect payment for diagnostic sleep services rendered. The Patient or the Patient's Responsible Party, understands that they are responsible for all costs of collection or legal services including, but not limited to, interest due at 18% APR, all court costs and Attorney fees, and a collection fee will be added to the outstanding balance.

By signing below, you agree to accept full financial responsibility as a Patient who is receiving diagnostic sleep services, or as the Patient's Responsible Party. Your signature verifies that you have read the above disclosure statement, understand your responsibilities, and agree to these terms.

Patient or Responsible Party Signature

_____/_____/_____
Date



Authorization for Treatment

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AUTHORIZATION FOR TREATMENT

I hereby authorize medical treatment by the physician, the clinical staff and technical employees assigned to my care.

- **CONSENT FOR TREATMENT:** I, the undersigned, request and authorize At Home Sleep Studies LLC and all its physicians, RPSGTs, sleep technicians, and other qualified personnel, whether employed directly by At Home Sleep Studies LLC or brought in on a consulting basis, to provide diagnostic sleep testing services which my attending physician or designee(s) may deem necessary or beneficial for my health. I also understand that the results of any diagnostic sleep testing/treatment care cannot be guaranteed. I have the right to refuse any treatment or procedures to the extent permitted by law.
- I understand that I authorize my treating providers, At Home Sleep Studies LLC, to order any ancillary services deemed necessary for my care and treatment.
- I understand that video and audio recordings are made
- I understand that I have the right and the opportunity to discuss alternative plans of treatment with my physician or other healthcare provider and to ask and have answered to my satisfaction any questions concerns.
- I understand that medical, nursing, and other health care personnel in training may be observing and participating actively in my care under the supervision of an authorized personnel. I hereby give my consent to such observations and/or participation.
- In the event that a healthcare worker is exposed to my blood or body fluid in a way which may transit HIV (Human Immunodeficiency Virus), Hepatitis B Virus, or Hepatitis C Virus, I consent to the testing of my blood and/or body fluids for these infections and the reporting of my test results to the health care worker who has been exposed, as required by the state law.
- I understand that At Home Sleep Studies LLC utilizes an electronic medical record system. I understand that this system is maintained in accordance with HIPAA and other patient privacy and health information management regulations; I understand that my healthcare providers will have access to my healthcare information across the continuum of my care.
- **RELEASE OF RESPONSIBILITY FOR PERSONAL VALUABLES:** I understand that I take all possible precautions to protect my property during my stay. I release At Home Sleep Studies of all responsibility for valuables not deposited for safekeeping or for articles lost or damaged that I choose to keep in my personal possession during my diagnostic sleep test/treatment or stay with At Home Sleep Studies LLC.
- Our Notice of Privacy Practices (NPP) provides information about how we may use and disclose your personal health information. By signing below, you acknowledge that you have received a copy of our NPP.

I consent to the procedure and medical treatment for myself or for the patient, whom I am either the parent of or authorized legal representative. I understand my signature below confirms acceptance of the terms of this consent.

Signature of Patient

Date

Signature & Relationship of Legally Authorized Representative

Date



Consent for Treatment

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CONSENT FOR TREATMENT

Polysomnogram is a diagnostic sleep study which records detailed information while you sleep. A technician will attach sensors to monitor your: Brain Waves • Heart Rate • Breathing Rate • Oxygen Level • Eye Movements • Chin Movement

At Home Sleep Studies LLC will use this information to prepare a detailed report about your sleep. The doctor who sent you to our sleep center will receive a copy of this report. He or she will then discuss the results with you.

Risks: *There Is No Major Health Risk Involved With This Sleep Study.*

Agreement: My Signature Below Indicates That I Understand And Agree With The Following Statements:

1. The sleep study may not detect the cause or reason for my sleep disorder or sleeping concern.
2. A technician will attach sensors to my body to obtain sleep data for the diagnostic sleep study.
3. The sensors may smell bad when placed on my body and may cause redness of my skin during morning removal.
4. Skin with reduced tolerance "Sensitive Skin" may develop a skin irritation or rash. This may include stinging, itching, burning, redness, dryness, scaling, peeling, bumps, or hives.
5. A video camera will record me as I sleep. A technician will watch me on a monitor to ensure my comfort and safety as I sleep.
6. I understand that such photograph(s), audio recording(s) and/or video recordings may be used for clinical or educational purposes or in the event of legal action. At Home Sleep Studies LLC and all its physicians, RPSGTs, sleep technicians, and other qualified personnel and its duly appointed representatives are hereby released without recourse from any liability arising from obtaining and using such photograph(s), audio recording(s), and/or video recordings. No use of the material for education purposes will identify me by name.
7. I will be free to roll over and move in bed during the diagnostic sleep study.
8. I will ask for help if I need to get out of bed for any reason.
9. The technician may need to enter the room to wake me for technical reasons.
10. The study may show that I stop breathing many times during the night. If this happens, a technician may enter my room to give me a treatment device. This treatment is called positive airway pressure, or PAP. To use this treatment, I will wear a mask that covers either my nose or my nose and mouth.
11. I understand why I am taking this diagnostic sleep study.
12. I understand what is going to happen during the sleep study and the sleep center staff explained the procedure to me.

I consent to the procedure and medical treatment for myself or for the patient, whom I am either the parent of or authorized legal representative. I understand my signature below confirms acceptance of the terms of this consent.

Signature of Patient

Date

Signature & Relationship of Legally Authorized Representative

Date



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How Your Sleep Affects You

According to the National Sleep Foundation, more than 50 million Americans suffer from a sleep disorder. These disorders significantly affect: **Concentration, Attention, & Memory**. They are more likely to suffer from psychiatric disorders like **Depression** and **Anxiety**. They are at greater risk for **High Blood Pressure, Cardiac Arrhythmias, Diabetes, Stroke, and DEATH**.

The significant health consequences of sleep disorders have led experts to agree that these problems warrant medical attention

Prevalence of OSA

- 1 in 5 adults has mild OSA
- 1 in 15 has moderate to severe OSA
- 9% of middle-aged women
- 25% of middle-aged men
- 75% of severe SDB cases remain undiagnosed

Increased Risk Factors for OSA

- Male gender
- Obesity (BMI > 30)
- Diagnosis of hypertension
- Family history of OSA
- Upper airway or facial abnormalities
- Large neck circumference (>17" men; >16" women)
- Excessive use of alcohol or sedatives
- Smoking
- Endocrine and metabolic disorders
- Increasing age

Comorbid Associations with OSA

- Hypertension
- Cardiovascular diseases
- Stroke
- Type II diabetes
- Mood disorders (anxiety and/or depression)
- Increased morbidity
- Obesity

Cardiovascular Links

- 4.7 million people in the US have heart failure
- Approximately 50% of HF patients have SDB
- Arrhythmias noted in 50–75% of OSA patients
- 30% in cardiovascular patients
- OSA presents in 70% of heart attack patients with AHI 5
- 52% of heart attack patients with AHI > 10

Hypertension Links

- Sleep apnea is an independent risk factor for hypertension
- 30–80% of patients with hypertension have sleep apnea
- 43% of patients with mild OSA
- 49% of patients with severe OSA have hypertension

Links to Type II Diabetes

- 50% of diabetes sufferers have sleep apnea
- OSA may have a causal role in the development of diabetes
- OSA is associated with insulin resistance
- 30% of patients presented to a sleep clinic have impaired glucose intolerance
- Mild forms of SDB may help predict risk of pre-diabetes

Stroke Risk

- 65% of stroke patients have SDB
- Up to 70% of patients in rehabilitation therapy following stroke have significant SDB (AHI > 10)

Mortality Links

- SDB is associated with a 3-fold increase in mortality risk
- There is an independent association of moderate to severe OSA with increased mortality risk

Health Care Costs

(Economic consequences of untreated SDB)

- Undiagnosed patients used \$200,000 more in the two -year period prior to diagnosis
- Prior to sleep apnea diagnosis, patients utilized 23–50% more medical resources
- Total economic cost of sleepiness is around \$43–56 billion
- Undiagnosed sleep apnea in middle-aged adults may cause \$3.4 billion in additional medical costs in the US

Traffic Accidents

- 15-fold increase of being involved in traffic accident
- People with sleep apnea are at twice the risk of having a traffic accident
- Treating all US drivers suffering from sleep apnea would save \$11.1 billion in collision costs & 980 lives annually

Signs and Symptoms of OSA

- Lack of energy • Morning headaches • Hypertension
- Diabetes • Frequent nocturnal urination • Depression
- Obesity • Large neck size • Gastroesophageal reflux
- Excessive daytime sleepiness • Nighttime gasping



Location Information Sheet

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We are located on the south side of Flamingo Road inside Cambridge Quail Property (Blue & White Sign) between Spencer and Maryland Parkway.

This is a one story red brick building with a lot of trees. Our suite is located on the left side of the complex.