



## **SLEEP SALES**

1.855.241.-SLEEP ( 855.244.7533) | WWW.HTTPS://SLEEPSALES.COM

# SleepView

Home Sleep Testing



SleepView® Monitor + WebPortal

your patients, Research studies and Clinical providers will now have the ability to screen Setting, as this shift begins to emerge, more the Primary Care and Ambulatory Surgery introduction of Testing for Sleep Apnea in trials are being conducted and identifying There clearly is a need to begin screening growing at an accelerated rate, One of the new affiliations among Obstructive Sleep main factors for this growth is due to the and test their patients for Sleep Apnea. Apnea with very serious health issues. The world of *Home Sleep Testing* is

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#### **SUPPORT TEAM**

For Screening, how to use the device, how to set up patients, SleepView® Staff Training, Marketing tools, Flyers and Forms

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For Patient Support on treatment

Joseph C. 631.820.8220

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For STAFF Questions About treatment, another source for Marketing literature, Education of the Home Sleep Testing Pathway

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Tracey.chamberlin@resmed.com

For Web Portal Questions, Uploading assistance,
Technical support
CLEVEMED Technical Support
1.877.253.8363

support@clevemed.com



Sleep Apnea Support Community 1.877.389.8868

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FIND OUT MORE ONLINE @ WWW.HTTPS://WWW.SLEEPSALES.COM

#### WHAT IS HOME SLEEP TESTING?

In order to diagnose SLEEP APNEA or other sleep disorders, a patient must undergo a polysomnography (sleep study). This is typically done in a sleep lab, requiring the patient to spend the night in-lab, while the polysomnography (PSG) equipment records his/her physiological data. However, today with technological advancements a polysomnograpy can be performed at home and is called home sleep testing (HST) or a home sleep study.

#### **BENEFITS OF HOME SLEEP TESTING?**

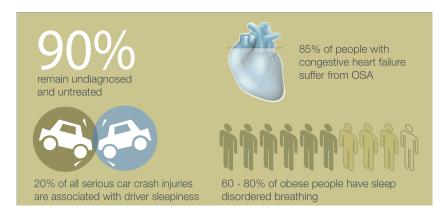
- The patient self-administers the home sleep test, and is able to spend the night in the patient's own bed in familiar surroundings (reducing first night effect)
- 2. Home sleep testing, a home sleep study, can be especially advantageous to the home-bound, elderly, or those with chronic illness, who require specialized care such as a nurse or family member spending the night, expensive transportation costs, etc. It is also beneficial for those with trouble arranging time out of their schedules to spend the night in-lab.

"Because Everyone's Dream Counts"

#### **Obstructive Sleep Apnea**



#### Living with OSA



#### Evaluate your health

An estimated **40 million** people in the U.S. alone are affected by a sleep disorder, many of whom are undiagnosed. About 30 million Americans have undiagnosed Sleep Apnea. Our compact, wireless, portable SleepView device is used in sleep labs, hospitals, home sleep tests, etc. **as prescribed by the physician.** 

### Sleepiness & Snoring



Do you have trouble remembering the last time you woke up feeling rested and refreshed? Do you snore? If so, chances are you're not getting the quality sleep you need. Snoring and sleepiness can mean more than just feeling drowsy during the day. They may be

signs of a serious sleep disorder called sleep apnea.

The most common form of sleep apnea is obstructive sleep apnea (OSA). Obstructive sleep apnea occurs when your throat relaxes during sleep and partially or completely blocks your airway. You may snore or stop breathing for several seconds, until your brain triggers a wake-up response and you gasp for air. This can happen hundreds of times a night, though you won't usually remember waking up.

#### Are you at risk?

Sleep apnea can affect anyone. It can affect people who are fit or overweight, old or young, male or female. It can even affect children. A few of the common symptoms are:

- Loud snoring
- Lack of energy
- Daytime sleepiness
- Morning headaches
- High blood pressure
- Depression

A partner or family member says you stop breathing during sleep

#### The Importance of Treating Sleep Apnea



Patients normally have an open airway during sleep, allowing respiration to occur freely.



Onstructive sleep apnea occurs when the airway is repeatedly blocked by relaxed soft tissue in the throat and neck.

OSA is a significant health problem that too often goes unrecognized in primary care. Up to 90% of patients with significant sleep apnea remain undiagnosed today. This is unfortunate since patients treated for OSA show lower rates of complications from the associated chronic diseases within the metabolic syndrome.

Sleep apnea can be a life-threatening disorder. Left untreated, it can lead to diabetes, high blood pressure, depression, heart disease, obesity and stroke. The constant tiredness associated with sleep apnea also puts you at higher risk for accidents, including auto accidents. The good news is that with treatment, you can reduce these risks and feel more energetic.

#### What is Sleep Apnea?

Sleep Apnea is the failure to breathe while you sleep. Obstructive Sleep Apnea is the most common type of Apnea. In this form of the disease, the airway collapses, cutting off air flow to the lungs. Snoring is often associated with poor sleep; sometimes overlooked by the patient, although not by their bed partner! A partial airway obstruction causes the upper airway tissues to vibrate and produce the sound of the classic snore.

#### Why is Sleep Apnea Harmful?

#### **Cumulative Effect of OSA:**

As Obstructive Sleep Apnea (OSA) develops, it has a cumulative effect. This means that the longer the disease goes untreated, the greater the negative side effects and associated health risks. If sleep apnea remains untreated, other health conditions may emerge or current health problems may heighten, including:

- High Blood Pressure
- Heart Disease
- Heart Attack
- Heart Failure
- Stroke
- Diabetes
- Depression
- Reflux disease (GERD)
- Atherosclerosis
- Obesity
- Gestational Diabetes
- Sexual Dysfunction

Sleep Apnea shortens life by promoting other diseases.

