

How is testing done?

Sleep testing can be done in your own home.

It is simple, comfortable, cost effective and reliable.



Possible Complications

Untreated sleep apnea is a major independent risk factor contributing to:

- Hypertension
- Cardiovascular disease
- Cognitive impairment/daytime sleepiness
- Depression
- Impotency
- Motor vehicle accidents
- Increased mortality
- Erectile Dysfunction



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Have **YOU**
ever been told
that **YOU**
SNORE?



OSA diagnosis:

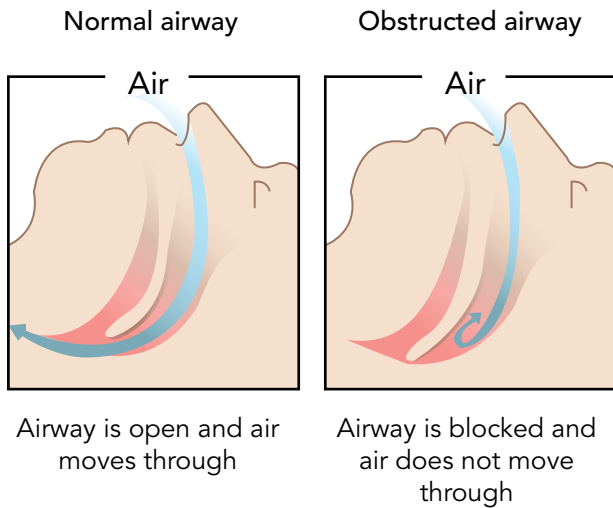
Today it is easier than ever, and may be done in the comfort of your own home...

Your medical provider can help, just ask.



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Obstructive Sleep Apnea

Snoring is considered a major indicator of OSA.

Obstructive Sleep Apnea (OSA) is recognized as repeated episodes of cessation in breathing during sleep. This results because our muscles relax during sleep and then gravity pulls the airway closed. Momentary suffocation develops producing excessive stress on the body.

OSA is highly correlated with cardiovascular conditions such as hypertension, heart disease and stroke. OSA is also associated with daytime sleepiness, headaches, memory loss, mood changes, relationship disturbances and decreased libido.

How do you sleep?

Have you been told that you snore?

Do you often wake up tired or un-refreshed?

Do you suffer from excessive daytime sleepiness?

Do you regularly wake up during sleep to use the bathroom?

Do you wake up choking or gasping for air?

Share with your medical provider if you experience **one or more** of these symptoms to see if you, like many others, are at risk.

Sleep Apnea affects an estimated 25 million adults, and despite growing awareness of the severe consequences of untreated OSA, 90% of sleep apnea patients are still undiagnosed.

Risks of having Obstructive Sleep Apnea (OSA) and Primary Care Conditions.

Condition	OSA Prevalence
Hypertension	35%-45%
Diabetes	50%
Stroke	62%
Drug-resistant Hypertension	>80%
Congestive Heart Failure	30%-50%
Arrhythmia	50%
Atrial Fibrillation	49%

Source: Circulation 2008; 118 (1080-1111)