

WatchPAT™

+ The simple way to diagnose sleep apnea

WatchPAT is an innovative Home Sleep Test that uses sophisticated sensors to provide a comprehensive sleep test report without leaving the comfort of your own bedroom. A small wrist-mounted device, WatchPAT is simple to operate, with fast and accurate results. WatchPAT has been proven to provide equivalent results to in-lab testing¹.

DID YOU KNOW?

Sleep apnea is linked to AFib, high blood pressure, coronary artery disease, heart failure, and sudden cardiac death².

Health Being Made Simple



Sleep diagnostic testing and treatment
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References:

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- (2) Obstructive Sleep Apnea: preoperative assessment, Seet & Chung, Anesthesiol Clin. 2010 Jun;28(2):199-215
- (3) Sleep Apnea and Cardiovascular Disease, VK Somers et al., Circulation 2008; 118: 1080-1111
- (4) Quality Measures for the Care of Adult Patients with Obstructive Sleep Apnea. Aurora RN et al., J Clin Sleep Med 2015;11(3):357-383
- (5) Treatment of Obstructive Sleep Apnea Reduces the Risk of Atrial Fibrillation Recurrence After Catheter Ablation, Anter et al., JACC, Volume 62, Issue 4, July 2013

What you should know about Obstructive Sleep Apnea (OSA) and Atrial Fibrillation (AFib)



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Treating sleep apnea can improve your quality of life and reduce the risk of Atrial Fibrillation⁵.



The key to treatment is proper diagnosis – ask your primary care physician.

What is Obstructive Sleep Apnea (OSA)?

OSA is a common disorder in which you have pauses in breathing while you sleep. This occurs when the muscles in the back of the throat fail to keep the airway open during sleep. Breathing pauses can last from a few seconds to over a minute and they can occur even 30 times or more per hour. OSA severity is measured by the number of breathing events per hour of sleep. Typically, your brain detects the situation and wakes you up for a brief moment in order for you to resume breathing. These repeated events of sleep interruptions prevent you from reaching the deeper sleep stages, causing significant sleep deficiency and stress on the body.

What are the implications of not sleeping well?

Atrial Fibrillation (AFib) is an abnormal heart rhythm. During AFib, a clot may form and cause a stroke. People with sleep apnea have four times the risk of developing AFib³. Sleep apnea can lead to the development of risk factors such as hypertension and diabetes that predispose a person to develop AFib. Also, it has been shown that sleep apnea directly triggers arrhythmias during sleep⁴.

What are the health risks of not treating AFib patients who suffer from OSA?

People having both AFib and sleep apnea may not respond as well to medication which controls the heart rate. Patients who have sleep apnea and are undergoing cardioversion or catheter ablation treatments for AFib are more likely to have AFib recurrences afterwards. Once the sleep apnea is resolved, AFib treatments can become more effective⁵.

How is Sleep Apnea Diagnosed?

In the past, sleep labs (in-lab polysomnography) were the only option available for testing sleep apnea, requiring an overnight stay at the hospital. An in-lab sleep test may be costly as well as stressful due to the complexity of the test and the unfamiliar environment.

WatchPAT is used in the comfort of your home, as close as possible to your natural sleeping conditions and you receive an accurate result the very next day.

What are the treatment options?

OSA can be successfully and easily treated. Based on your test results along with other parameters and considerations, your physician can identify the treatment for you. Lifestyle changes, oral appliances, surgery and breathing devices can successfully treat OSA. Treatment helps restore normal breathing during sleep, reduces stress on your heart, relieves symptoms and improves your quality of life.

My Sleep Profile

The American Academy of Sleep Medicine has prepared this questionnaire below. If you answer “Yes” more than twice, you may want to discuss your risk for OSA with your healthcare provider.

Please answer the following questions below to determine if you might be at risk.

1. Do you snore loudly?
 Yes No
2. Do you often feel tired, fatigued, or sleepy during the daytime?
 Yes No
3. Has anyone observed you stop breathing or choking/gasping during your sleep?
 Yes No
4. Do you have or are you being treated for High Blood Pressure?
 Yes No
5. Body Mass Index more than 35 kg/m²?
 Yes No
6. Age older than 50?
 Yes No
7. Neck size large? For males, is your shirt collar 17 inches / 43 cm or larger?
 Yes No
For females, is your shirt collar 16 inches / 41 cm or larger?
 Yes No
8. Gender = Male?
 Yes No

Scoring criteria for the general population:

Low risk of OSA: Yes to 0-2 questions

Intermediate risk of OSA: Yes to 3-4 questions

High risk of OSA: Yes to 5-8 questions