



WatchPAT™

Itamar Medical's WatchPAT is a simple and accurate home sleep apnea diagnostic device. WatchPAT is a small wrist-mounted device that is used in the comfort of your home. WatchPAT is as effective in diagnosing sleep apnea as lab based polysomnography.⁴



A Simple Way To Diagnose Sleep Apnea

My Sleep Profile

If you answered "Yes" more than twice in this questionnaire, you should discuss your risk for OSA with your healthcare provider.

	Yes	No
1. Have you been told that you snore?	<input type="checkbox"/>	<input type="checkbox"/>
2. Are you often tired during the day?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you know if you stop breathing or has anyone witnessed you stop breathing while you are asleep?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you have high blood pressure or on medication to control high blood pressure?	<input type="checkbox"/>	<input type="checkbox"/>
5. Body Mass Index greater than 35?	<input type="checkbox"/>	<input type="checkbox"/>
6. Are you 50 years old or older?	<input type="checkbox"/>	<input type="checkbox"/>
7. Are you a male with a neck circumference greater than 17 inches, or a female with a neck circumference greater than 16 inches?	<input type="checkbox"/>	<input type="checkbox"/>
8. Are you a male?	<input type="checkbox"/>	<input type="checkbox"/>

Scoring Criteria:

Risk of obstructive sleep apnea for the general population

Low:	Yes to 0-2 questions
Intermediate:	Yes to 3-4 questions
High:	Yes to 5-8 questions

References:

1. Epidemiology of Obstructive Sleep Apnea: a Population-based Perspective. Won Lee, Swamy Nagubadi, Meir H. Kryger, Babak Mokhlesi, Expert Rev Respir Med. Jun 1, 2008; 2(3): 349-364.
2. Increased prevalence of sleep-disordered breathing in adults. Peppard PE, Young T, Barnet JH, Palla M, Hagen EW, Hla KM Am J Epidemiol. 2013;177(19):1006
3. Prevalence of undiagnosed obstructive sleep apnea among adult surgical patients in an academic medical center. Finkel KJ1, Searleman AC, Tymkew H, Tanaka CY, Saager I Safer-Zadeh E, Bottros M, Selvidge JA, Jacobsohn E, Pulley D, Duntley S, Becker C, Avidan MS. Sleep Med. 2009 Aug;10(7):753-8. doi: 10.1016/j.sleep.2008.08.007. Epub 2009 Jan 30.
4. Diagnosis of Obstructive Sleep Apnea by Peripheral Arterial Tonometry Meta-analysis Sreeya Yalamanchali, MD; Viken Farajian, MS; Craig Hamilton, MBChB; Thomas R. Potl MD; Christian G. Samuelson, MD; Michael Friedman, MD JAMA Otolaryngology-Head & Neck Surgery Published online October 24, 2013

OM2198613.004

When Did You Last Have A Good Night's Sleep?



Diagnosing Sleep Apnea Is Easier Than Ever



Sleep diagnostic testing and treatment
 LaTanya Brown CHHP, RPSGT
832-952-1199
 17146 N.Eldridge Pkwy Suite G
 Tomball, TX 77377
www.nirvanaelitesleep.com



Sleep Apnea Can Be Life Threatening

90% Of Sleep Apnea Patients Are Still Undiagnosed³

Potential Treatment Options After Diagnosis

Possible Complications

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

- ▶ Hypertension
- ▶ Cardiovascular disease
- ▶ Cognitive impairment
- ▶ Daytime sleeping
- ▶ Depression
- ▶ Impotency
- ▶ Motor vehicle accidents
- ▶ Increased mortality

Diagnosis of Sleep Apnea

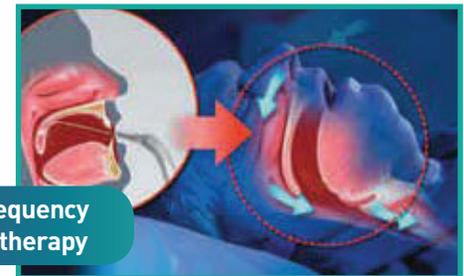
Detecting sleep apnea can involve a sleep study, using polysomnography (PSG) to monitor various physiological functions during an overnight stay in a sleep laboratory or in a hospital.

Another option for the diagnosis of OSA is a Home Sleep Test (HST). HST's have grown in popularity due to reduced cost, increased patient comfort, and a better reflection of the patient's sleep habits.



CPAP

The pressurized flow keeps the airway open.



Radiofrequency Thermotherapy

Radiofrequency induced thermotherapy creates submucosal volumetric lesions; which results in tissue reduction and stiffening, thus keeping the airway open.



Oral Appliances

Repositioning oral appliances maintain the lower jaw in a protruded position, thus opening the airway and increasing muscle tone.

Treatment Options

The treatment of choice for Obstructive Sleep Apnea (OSA) is Continuous Positive Airway Pressure (CPAP). There are other treatment alternatives that keep the airway open, such as surgery, oral appliance therapy and weight reduction.

Obstructive Sleep Apnea

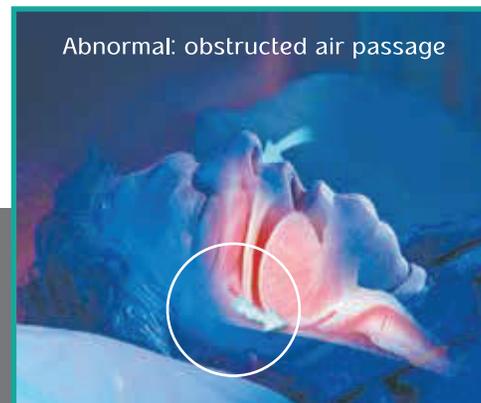
Obstructive Sleep Apnea (OSA) is recognized as repeated episodes of cessation in breathing while sleeping when the muscles in the back of the throat fail to keep the airway open.

Snoring is considered a major indicator of OSA, and risk factors include weight gain, age, family history and anatomic abnormalities. OSA is highly correlated with cardiovascular conditions such as hypertension, heart disease, Afib and stroke. OSA is also associated with daytime sleepiness, headaches, memory loss, mood changes, relationship disturbances and decreased libido.

Sleep Apnea Affects An Estimated 1 In 4 Adults In The US^{1,2}



Normal: clear air passage



Abnormal: obstructed air passage

OSA is mainly caused by the collapse of the upper airway due to insufficient muscle tone during sleep or other anatomical factors.