

What are the symptoms of Sleep Apnea?

Sleep Apnea is most often associated with loud snoring and evident pauses in breathing. Often the patient is not the one who complains to their physician about these events, but rather the bed partner, because they can be annoying and/or frightening. Symptoms the patient may notice include:

- Excessive daytime sleepiness (falling asleep easily & sometimes inappropriately)
- Morning headaches
- History of high blood pressure
- Memory problems or poor judgment
- Feelings of depression
- Gastro-esophageal reflux (heartburn)
- Nocturia (frequent night time urination)
- Difficulty concentrating
- Personality changes or irritability



Benefits of Home Sleep Testing

Convenience

No need to drive across town, miss work or hassle with your insurance company to see if an expensive procedure is covered. With Independent Sleep Diagnostics, the Home Sleep Testing device is delivered right to your door with complete instructions and a 24/7 toll-free technical support line, should you need it. The next day, just drop everything in a standard USPS mailbox in the stamped, pre-paid priority mail envelope and wait 4-6 business days for your doctor to get the report. Nothing could be easier!

Comfort

Many people prefer not to be hooked up with a bunch of electrodes with someone in the next room watching them sleep. With Independent Sleep Diagnostics we make it possible to sleep in the comfort of your own bed and your own environment. Our test includes a small cannula that fits under the nose, a device that fits on a belt and goes around the chest, and a sensor that clips on the finger. That's it.

Cost

These days, patients are responsible for more of the cost of their healthcare than ever before. It matters what procedures cost now! Whether it's your portion as a co-pay, high deductible or the entire cost because your insurance doesn't cover the procedure, many patients are searching for a more cost-effective solution. Home sleep testing is between 1/3rd and 1/10th the cost of an in-lab study. In most cases, the outcome is the same.

The Process

- Contact your physician to fax us an order for a Home Sleep Test. (The order form is found on our website)
- Once the order is placed, we will contact you.
- The equipment is sent out in the mail.
- Perform the study in the comfort of your own home.
- Equipment is sent back to us via the pre-paid envelope.
- Study is scored by Registered Sleep Technologists.
- Study is interpreted by Board Certified Sleep Specialists.
- Results are sent back to the referring physician within 4-6 business days.



How important is sleep?

The average person spends 7-9 hours a day sleeping. Quality sleep helps rejuvenate and revitalize the body and mind on a daily basis.

Obesity, Diabetes, Hypertension and Depression are related to the quality of a person's sleep.

Over 40 million Americans have a sleep disorder

Only 5-10% are diagnosed and treated. If you think you or someone you know has undiagnosed Sleep Apnea let us help you find out.



Take a sleep quiz

If you answer yes to any of these then talk to your doctor, you may have a sleep disorder.

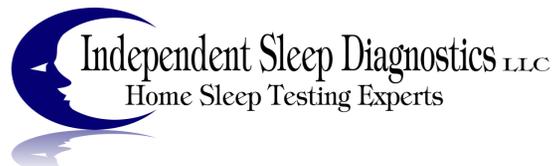
1. Do you snore?
2. Are you sleepy during the day?
3. Are you overweight?
4. Do you wake up with morning headaches?
5. Do you have high blood pressure?
6. Are you irritable, fatigued or have difficulty concentrating?
7. Do you find it hard to stay awake while driving, watching TV, reading a book or attending a meeting?
8. Do you ever wake up choking, gasping for air or have a skipping or racing heart-beat during the night?
9. Has anyone watched you sleeping and told you that you hold your breath, snort and often move during the night?

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*Sleep Testing in the
comfort of your own home*

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