

**What are some of the Effects that Sleep Disorders such as Sleep Apnea have on your health?**

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**If left undiagnosed and untreated Sleep Apnea can lead to:**

- ◆ **Stroke**
- ◆ **Heart Attack**
- ◆ **Hypertension**
- ◆ **Diabetes**
- ◆ **Weight Gain**
- ◆ **Depression**
- ◆ **Chronic Fatigue**
- ◆ **Sexual Impotency**

**Possible Treatment Options**

- ◆ **CPAP (Continuous Positive Air Pressure) or Auto PAP**
- ◆ **Dental Appliance/Device**
- ◆ **Ear Nose and Throat Consultations**
- ◆ **Bariatric Surgery (Pre-Operative Screening)**
- ◆ **SomnoTrek can help coordinate and manage your CPAP treatment**

*"A Portable Diagnostic Sleep Testing and Management Service"*

**SomnoTrek, LLC**

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## Home Sleep Apnea Testing

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**SNORING - FATIGUE-  
DAYTIME SLEEPINESS**

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**ACCREDITED BY THE  
AMERICAN ACADEMY OF  
SLEEP MEDICINE**

## Sleep Apnea

Obstructive Sleep Apnea (OSA) is a serious, potentially life-threatening breathing disorder which affects an estimated 18-20 million Americans, equally as common as asthma and diabetes. It is estimated that 80-90% of sleep apnea sufferers go undiagnosed and untreated. The Greek word "apnea" literally means "without breath." Patients suffering with sleep apnea will experience involuntary pauses of breathing during sleep. Obstructive sleep apnea is caused by a blockage of the airway when the soft tissue in the back of the throat collapses and closes. In most cases the sleep apnea sufferer is unaware of these breathing pauses as they do not result in a complete awakening.

**Sleep apnea is characterized by signs and symptoms such as:**

- ◆ **Snoring**
- ◆ **Excessive daytime sleepiness**
- ◆ **Irritability**
- ◆ **Un-refreshed sleep**
- ◆ **Morning headaches**
- ◆ **Depression**
- ◆ **Concentration difficulty**
- ◆ **Falling asleep at inappropriate times**
- ◆ **Gasping or Choking sensation while sleeping**

Spouses, bed partners, friends or family members may witness a pause in affected persons breathing followed by a snoring or gasping sound.

If you, or anyone you know has any of the symptoms described above you may have a serious condition known as Sleep Apnea.

## Diagnostic Test for Sleep Apnea

- ◆ Discuss your symptoms with your physician
- ◆ Ask your physician about Home Sleep Apnea Testing
- ◆ Your physician will determine the medical necessity of a home sleep test and if a home sleep test is appropriate for you
- ◆ The Home Sleep Apnea Test will monitor your airflow using a nasal cannula similar to those used to deliver oxygen, respiratory effort using an expandable belt, snoring frequency and your blood oxygen levels
- ◆ A home sleep test is not intended to be used as a screener on patients without symptoms

## Somnotrek Home Sleep Apnea Testing

- ◆ Somnotrek offers a convenient drop off and pick up service
- ◆ Face to Face Instruction on device usage by a Registered Polysomnographic Technologist (RPSGT)/Registered Sleep Technologist (RST) by the American Board of Sleep Medicine (ABSM)
- ◆ Comfort of sleeping at home to help obtain a test typical to your normal sleep environment
- ◆ Data analysis by a Registered Polysomnographic Technologist
- ◆ Test interpretation performed by Physicians Board Certified in Sleep Disorder Medicine by the ABSM
- ◆ Quick test results for you and your physician
- ◆ Experienced and friendly staff members with extensive testing and analysis knowledge

## Scheduling

- ◆ Simply call SomnoTrek at **215-370-8116** and we will complete a brief intake
- ◆ Your insurance will be verified for coverage, eligibility and network benefits
- ◆ Your test will be scheduled
- ◆ 7 day-a-week availability allowing prompt scheduling
- ◆ You will have the non-invasive home sleep test
- ◆ Your test data will be reviewed using the latest standards and guidelines
- ◆ Your physician will receive your report
- ◆ Recommendations will be made for you based on your results

## Insurance

- ◆ You will be contacted prior to testing regarding any fees for the Home Sleep Test
- ◆ Keep in mind a Home Sleep Test is typically 1/3 to 1/4 the fee of an in-lab test
- ◆ Our sleep diagnostic services are covered by Medicare and other Insurance carriers
- ◆ Contact SomnoTrek with any questions regarding testing costs and payment options

**Talk to your physician. Discuss your symptoms and ask if you could benefit from a Home Sleep Test from SOMNOTREK.**