



+ 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 easy to operate, with fast and accurate results. WatchPAT has been proven to provide equivalent results to in-lab tests¹.



I knew I wasn't sleeping well, but just the thought of spending the night in the sleep lab at the hospital was enough for me to decide not to get tested. WatchPAT gave me the option to undergo the sleep test at home. It was simple to operate and the accurate results enabled me to seek the correct treatment, which eventually changed my quality of life.



Patient JH, Fort Lee, NJ

Health Being Made Simple



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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
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When did you last have a good night's sleep?





The importance of a good night's sleep

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 up to 30 times or more an hour. OSA severity is measured by the number of cessation 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?

Lack of sleep is associated with weight gain, headaches, memory loss, mood changes and decreased libido. In addition lack of sleep is known to lead to underperformance at work and dramatically increase the chance of having work-related or driving accidents.

What are the health risks of not treating OSA?

OSA is known to be directly related to several serious diseases (comorbidities)². Untreated OSA may increase the risk of high blood pressure, heart attack, stroke, obesity and diabetes. It may also increase the risk of, or worsen heart failure and increase the likelihood of arrhythmias or irregular heartbeats³.



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

How is sleep apnea diagnosed?

In the past, sleep labs (in lab polysomnography) were the only option available for testing sleep apnea, requiring an over-night 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.

Treating Obstructive Sleep Apnea leads to an immediate improvement in health, quality of life, performance and overall wellbeing⁴.

My Sleep Profile

The American Academy of Sleep 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 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 male, is your shirt collar 17 inches / 43 cm or larger?

Yes ☐ No ☐

For female, 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