

At Home Sleep Testing NOW AVAILABLE

to screen for Obstructive Sleep Apnea



This service provides tremendous benefits!

Home sleep testing is an excellent alternative for:

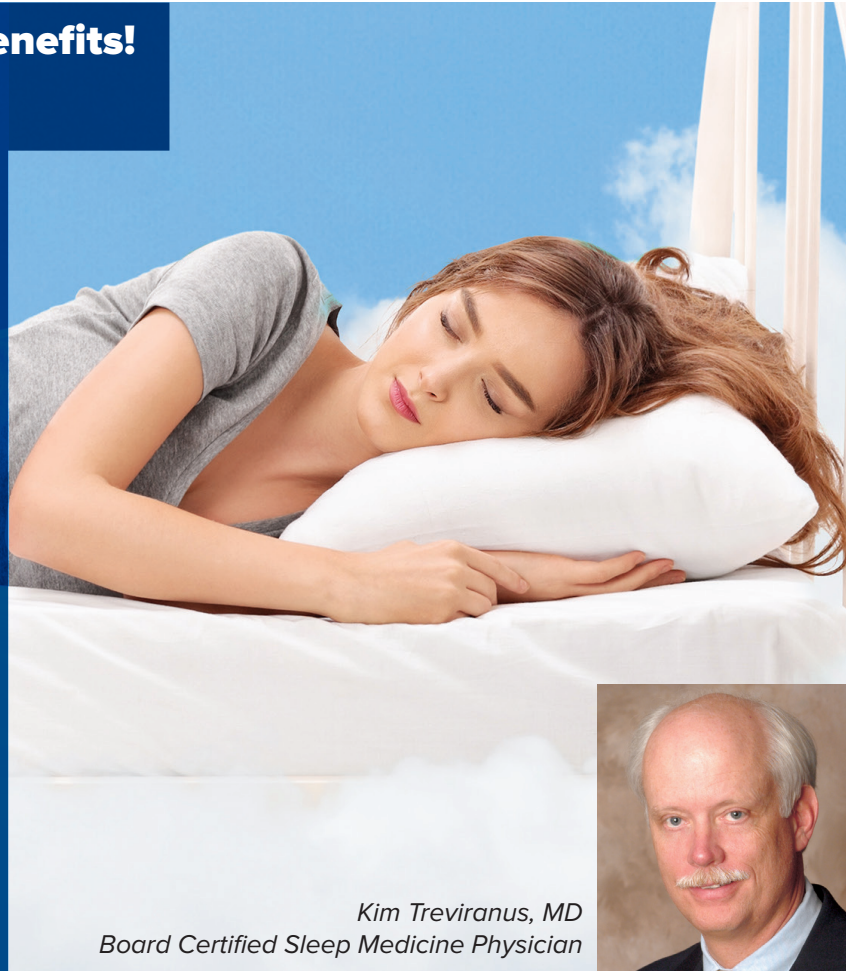
- shift workers
- home-bound patients
- those who may not feel comfortable leaving loved ones alone at home

Home sleep studies are less invasive than full sleep studies. The home unit uses:

- a band around the chest to track the rise and fall of the chest
- a clip on the finger to measure oxygen and heart rate
- a small nasal cannula to monitor breathing

One of our registered sleep technologists will help patients understand how to set up and use the unit at home and are available to answer questions throughout the night.

As with all of our sleep testing, the home sleep tests will be interpreted by Dr. Treviranus, our board certified sleep medicine physician, who will also provide follow-up treatment and care in our Sleep Center Clinic.



*Kim Treviranus, MD
Board Certified Sleep Medicine Physician*

Home sleep testing is only clinically indicated to screen for obstructive sleep apnea and cannot be performed if the patient is under the age of 18 years or has a BMI over 45, congestive heart failure, cardiac arrhythmia or AFib, pulmonary hypertension, history of seizure/epilepsy, obesity hypoventilation syndrome, neurodegenerative disorder/cognitive impairment, suspected periodic limb movement disorder or restless legs, suspected REM behavior disorder, history of central sleep apnea, and parasomnias. These patients would generally qualify for an in-lab study. If you are unsure if your patient is a candidate for home sleep testing you may either place an order for a consultation in our Sleep Center Clinic, or you can call our office and speak with one of our sleep professionals.

Some payers like Humana, Cigna, and United Health Care in particular, will not authorize an in-center study unless the patient has co-morbidities. They will, however, allow a Home Sleep Test. If you have sent patients to AccuSom Home Sleep Testing, or another similar provider, at the suggestion of a payer, Dr. Treviranus can provide follow up treatment and testing. In order to initiate this, please refer the patient for a consult in our Sleep Center Clinic.

Offering home sleep testing is just one more way we share our commitment to a better night's sleep for our patients. For more information about our American Academy of Sleep Medicine accredited center, please visit www.cghmc.com/sleep or call 815-564-4687.



Monday - Friday • 8:00 am - 5:00 pm

(815) 564-4687

www.cghmc.com/sleep