

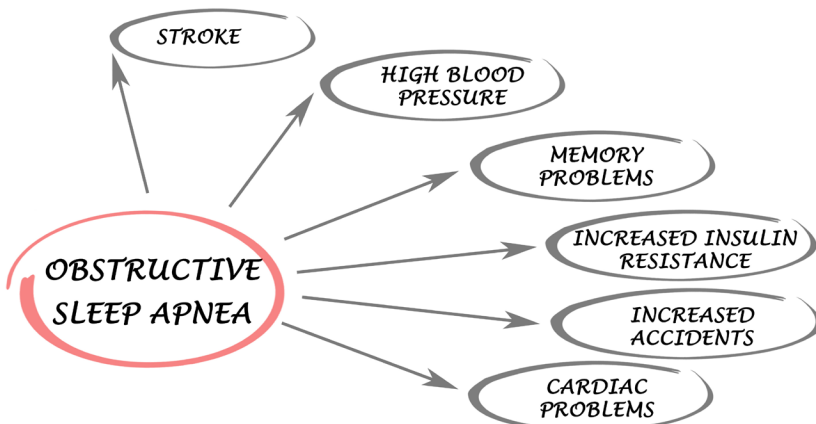
Alice NightOne Home Sleep Study for Obstructive Sleep Apnea



You may have a obstructive sleep apnea if you have one or more of the following symptoms:

- | | |
|--------------------------------------------------------------------|-----------------------------------------------------------|
| <input type="checkbox"/> Excessive daytime sleepiness | <input type="checkbox"/> Morning headache |
| <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Witnessed apnea (stop breathing) |
| <input type="checkbox"/> Unrefreshing sleep | <input type="checkbox"/> Difficulty staying asleep |
| <input type="checkbox"/> Difficulty falling asleep | <input type="checkbox"/> Cough disturbing sleep |
| <input type="checkbox"/> Difficulty arising in the morning | <input type="checkbox"/> Decreased libido |
| <input type="checkbox"/> Nighttime sweating | <input type="checkbox"/> Loud snoring |
| <input type="checkbox"/> Abrupt awakenings by gasping or choking | |
| <input type="checkbox"/> Awakening with a dry mouth or sore throat | |

If untreated, possible long term side effects of OSA are:



Easy setup for Home Sleep Testing

Alice NightOne offers simple, reliable sleep testing in the comfort of your own bed. The smart guide sequence easily guides you through the setup process and provides feedback.

Sleep Center staff provides instructions on home testing set-up, as well as a small recording device that is returned to the sleep center the next day. The home test consists of a nasal cannula to measure breathing, a belt on your chest to record breathing effort, and an oxygen monitor on your finger. For many patients, this home sleep study provides the information necessary to diagnose obstructive sleep apnea. Talk to your physician about whether your medical history and insurance are appropriate for in-home sleep testing.



Sleep Disorders Center

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7 a.m. to 5 p.m. Monday-Friday | Sleep studies: Monday-Friday

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