

IN LAB TEST

WAKE UP REFRESHED & IMPROVE YOUR OVERALL HEALTH



YOUR HEALTHCARE PROVIDER HAS ORDERED AN IN LAB OVERNIGHT SLEEP STUDY TO:

- Observe your overnight sleep patterns
- Record activity of your heart, lungs, brain and muscles
- Monitor airflow from your nose and mouth
- Measure the level of oxygen in your blood

WHAT ARE THE STEPS TO SCHEDULE A SLEEP STUDY?

- 1** Your healthcare provider will send a sleep study referral to schedule your sleep study.
- 2** You will be contacted to confirm insurance coverage and reserve an appointment.
- 3** You will receive a confirmation email with detailed information specific to the sleep center, including address, when to arrive and what to bring with you.

WHY SHOULD I SCHEDULE A SLEEP STUDY?

The most prevalent sleep disorder is Obstructive Sleep Apnea (OSA). If left untreated, OSA may cause the following conditions:



HIGH BLOOD
PRESSURE



HEART
DISEASE



STROKE



DIABETES

Other sleep disorders, may cause daytime sleepiness, impaired focus ability and overall poor health.



Please answer our call from 989-895-4825 to arrange your sleep test or call us if you have any questions.

IN HOME TEST

GET YOUR HEALTH BACK WITH A GOOD NIGHTS SLEEP



YOUR HEALTHCARE PROVIDER HAS ORDERED AN IN HOME OVERNIGHT SLEEP STUDY TO:

- Measure actual sleep time
- Record your heart rate, frequency of snoring and body position
- Measure pulse oximetry

WHAT ARE THE STEPS TO SCHEDULE A SLEEP STUDY?

- 1** A representative from the sleep center, will call you to arrange a test date, schedule shipment to your home, and answer any questions you may have.
- 2** When the device and instructions arrive at your home, it's easy to set up. Just download the app and the device prompts you through the steps.
- 3** Once the test is complete, the data is automatically uploaded and you simply dispose of the device.
- 4** Call us for help anytime, day or night.
- 5** Results will be sent to your doctor within a few days. He or she will share them with you.

WHY DO I NEED A SLEEP STUDY?

It will help detect sleep apnea. Sleep apnea is serious and may cause the following conditions like:



HIGH BLOOD PRESSURE



HEART DISEASE



STROKE



DIABETES



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